

# The Cumberland Building Society Great Cumbrian Run 2013

## Carlisle

Sunday 6th October 2013



Official Timer - Winning Time UK Ltd - [www.winningtime.co.uk](http://www.winningtime.co.uk)



**RELAY TEAMS – ADD 2000 ONTO YOUR BIB NUMBER EG RELAY TEAM 1 IS 2001**

<b>BIB</b>	<b>FORENAME</b>	<b>SURNAME</b>	<b>RANK</b>	<b>GUN TIME</b>	<b>CHIP RANK</b>	<b>CHIP TIME</b>	<b>GEN POS</b>	<b>GENDER</b>	<b>CAT POS</b>	<b>CATEGORY</b>	<b>CLUB</b>
1244	JAMES	BUIS	1	01:11:38	1	01:11:36	1	M	1	MSNR	BORDER HARRIERS
1250	BOB	HODGSON	2	01:14:15	2	01:14:13	2	M	2	MSNR	
590	RUSSELL	MADDAMS	3	01:14:28	3	01:14:26	3	M	1	M40	KESWICK AC
813	JAMES	MEADER	4	01:16:36	4	01:16:33	4	M	3	MSNR	
727	JULIAN	HATCHER	5	01:17:15	5	01:17:16	5	M	4	MSNR	BORDER HARRIERS
1210	DOMINIC	MUNNELLY	6	01:19:19	6	01:19:16	6	M	2	M40	
1074	BEN	DONOGHUE	7	01:19:32	7	01:19:30	7	M	5	MSNR	RED ROSE ROAD RUNNERS
772	MARC	PENN	8	01:20:31	8	01:20:29	8	M	6	MSNR	ST BEES TRIERS
58	JIM	KENNY	9	01:21:21	9	01:21:18	9	M	1	M50	
1301	JAMES	SOUTER	10	01:22:09	10	01:22:06	10	M	7	MSNR	
1174	PETER	HEARN	11	01:22:47	11	01:22:43	11	M	2	M50	TYNEDALE HARRIERS
1308	ANDREW	JACKSON	12	01:22:52	12	01:22:48	12	M	8	MSNR	WEST CUMBRIA TRI
705	DANIEL	HORNSBY	13	01:22:55	13	01:22:51	13	M	9	MSNR	
1157	BLAIN	ROONEY	14	01:23:04	14	01:23:00	14	M	10	MSNR	
1110	ANDREW	BAXTER	15	01:23:36	15	01:23:31	15	M	3	M40	
775	ROGER	SILLITO	16	01:23:43	17	01:23:43	16	M	11	MSNR	LOW FELL RC
732	MICHAEL	IRVING	17	01:23:45	16	01:23:40	17	M	12	MSNR	
319	BEN	BROWN	18	01:23:57	18	01:23:47	18	M	13	MSNR	
1304	MATTHEW	TURNER	19	01:24:07	19	01:24:04	19	M	14	MSNR	
961	STEVEN	ROBERTSON	20	01:24:20	20	01:24:18	20	M	15	MSNR	ELSWICK HARRIERS
779	SAM	STEAD	21	01:24:31	21	01:24:20	21	M	16	MSNR	DERWENT AC COCKERMOUTH
710	CAMERON	CARRUTHERS	22	01:24:43	22	01:24:39	22	M	17	MSNR	
975	ANDREW	PIPES	23	01:25:03	23	01:24:45	23	M	18	MSNR	DERWENT AC
1307	DAVID	THOMPSON	24	01:25:04	24	01:24:57	24	M	19	MSNR	
1021	ALASTAIR	SPANNER	25	01:25:23	25	01:25:19	25	M	4	M40	

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895	PAUL	GRAHAM	26	01:25:38	28	01:25:32	26	M	20	MSNR	
1361	GARY	DOVER	27	01:25:38	27	01:25:31	27	M	5	M40	GLAXO ROAD HILL
863	KEVIN	MCQUEEN	28	01:26:01	26	01:25:19	28	M	6	M40	
1105	ANDREW	SMITH	29	01:26:11	29	01:26:08	29	M	21	MSNR	
1217	CHRIS	MCDONALD	30	01:26:19	30	01:26:14	30	M	3	M50	
878	ALAN	MCGEEN	31	01:26:23	31	01:26:14	31	M	4	M50	
1276	JOSEPH	ALLCOCK	32	01:26:44	33	01:26:36	32	M	7	M40	HATTON DARTS
1222	JOCK	ROBB	33	01:26:45	34	01:26:43	33	M	22	MSNR	
569	DAVID	LAWSON	34	01:26:51	35	01:26:43	34	M	8	M40	
760	ROB	MORRIS	35	01:26:54	36	01:26:43	35	M	23	MSNR	DERWENT AC COCKERMOUTH
1238	MICHAEL	SANDERSON	36	01:26:54	37	01:26:49	36	M	24	MSNR	ALLEN VALLEY STRIDERS
646	IAIN	WEISSER	37	01:27:05	32	01:26:35	37	M	25	MSNR	
330	SARAH	BURRELL	38	01:27:07	38	01:26:52	1	F	1	FSNR	
216	ANTHONY	DAVIS	39	01:27:19	39	01:27:01	38	M	5	M50	DERWENT AC
329	BEN	BURRELL	40	01:27:25	40	01:27:10	39	M	26	MSNR	
230	DARREN	LITTLE	41	01:27:40	41	01:27:40	40	M	27	MSNR	
191	GARETH	FORBES	42	01:27:59	42	01:27:52	41	M	28	MSNR	ALLEN VALLEYS STRIDERS
518	THOMAS	NICHOLSON	43	01:28:13	44	01:28:13	42	M	29	MSNR	BORDER HARRIERS & AC
801	GAVIN	BANNISTER	44	01:28:24	45	01:28:16	43	M	6	M50	
50	DEREK	ROSE	45	01:28:28	43	01:28:05	44	M	30	MSNR	CARLISLE TRI CLUB
546	GARETH	PRESCH	46	01:28:31	48	01:28:25	45	M	31	MSNR	
621	JONATHAN	BREWER	47	01:28:36	47	01:28:22	46	M	9	M40	CARLISLE TRI
233	STEVE	COLEMAN	48	01:28:38	49	01:28:33	47	M	7	M50	ANNAN & DISTRICT AC
1254	MARK	HAYTON	49	01:28:39	52	01:28:36	48	M	32	MSNR	
1336	WILL	COULTHARD	50	01:28:40	50	01:28:33	49	M	10	M40	

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1323	KAREN	BRIDGE	51	01:28:41	51	01:28:33	2	F	1	F40	EDENRUNNER
1271	BARRY	JOHNSTONE	52	01:28:42	46	01:28:20	50	M	33	MSNR	CARLISLE TRI
1198	JON	MOSS	53	01:28:57	53	01:28:55	51	M	34	MSNR	TYNE BRIDGE HARRIERS
270	KEVIN	SCOTT	54	01:29:08	54	01:29:00	52	M	11	M40	
322	ROBBIE	ARMSTRONG	55	01:29:24	56	01:29:20	53	M	12	M40	UNATTACHED
1289	PHILIPPA	WAKEFIELD	56	01:29:32	57	01:29:22	3	F	2	FSNR	
150	MARK	BILLINGTON	57	01:29:45	61	01:29:37	54	M	13	M40	RED ROSE ROAD RUNNERS
43	IAN	MC DOUGALL	58	01:29:49	58	01:29:30	55	M	14	M40	CUMBERLAND AC
757	KIRSTY	HAMILTON	59	01:29:49	62	01:29:42	4	F	3	FSNR	
1235	TONY	HARRISON	60	01:29:49	59	01:29:32	56	M	35	MSNR	
1112	KEVIN	ROBSON	61	01:29:50	63	01:29:44	57	M	36	MSNR	
1048	JAMES	TOSE	62	01:29:54	60	01:29:33	58	M	37	MSNR	
847	STEPEHN	LEE	63	01:29:56	55	01:29:00	59	M	38	MSNR	
69	ANDREW	BLANSHARD	64	01:29:59	65	01:29:49	60	M	39	MSNR	
1203	DAVID	YOUNG	65	01:30:08	66	01:30:05	61	M	15	M40	TYNE BRIDGE HARRIERS
731	EDWARD	HILLIER	66	01:30:13	68	01:30:07	62	M	40	MSNR	MORPETH HARRIERS
211	ALASTAIR	MCDONALD	67	01:30:17	70	01:30:09	63	M	16	M40	
656	ROBERT	REAY	68	01:30:17	71	01:30:09	64	M	41	MSNR	
885	BEN	GARRARD	69	01:30:21	69	01:30:07	65	M	42	MSNR	ROCK RACING RELAY TEAM UK
28	PAUL	JACKSON	70	01:30:38	72	01:30:38	66	M	43	MSNR	CUMBERLAND AC
726	PHIL	LOWREY	71	01:30:46	67	01:30:05	67	M	44	MSNR	ST. BEES TRIERS
622	STEPHEN	HACKLEY	72	01:31:00	73	01:30:42	68	M	45	MSNR	
1326	SOPHIE	MARR	73	01:31:10	76	01:31:07	5	F	4	FSNR	TYNEBRIDGE WARRIORS
59	THOMAS	TOWLE	74	01:31:17	75	01:31:03	69	M	46	MSNR	CARLISLE TRI
1340	LIAM	MELLEY	75	01:31:18	74	01:30:57	70	M	47	MSNR	BORDER HARRIERS

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1161	CHRIS	CROOK	76	01:31:31	78	01:31:09	71	M	17	M40	
1314	THOMAS	BELL	77	01:31:34	80	01:31:24	72	M	48	MSNR	HEATON HARRIERS
1024	JAMES	GRAHAM	78	01:31:37	81	01:31:25	73	M	49	MSNR	
1315	HANNAH	SHILLITOE	79	01:31:41	82	01:31:25	6	F	5	FSNR	HEATON HARRIERS
471	STUART	CANN	80	01:31:42	83	01:31:34	74	M	18	M40	RED ROSE ROAD RUNNERS
1309	LINDSAY	CROSSAN	81	01:31:52	87	01:31:49	7	F	2	F40	
774	CHRIS	DEY	82	01:32:00	89	01:31:54	75	M	50	MSNR	
1330	MARK	SCAIFE	83	01:32:03	79	01:31:20	76	M	51	MSNR	
538	CHRIS	DAVISON	84	01:32:05	88	01:31:49	77	M	8	M50	CARLISLE TRI CLUB
32	RICHARD	NOBLE	85	01:32:09	84	01:31:34	78	M	19	M40	
1260	CRAIG	HOLLIDAY	86	01:32:10	64	01:29:47	79	M	52	MSNR	
708	MATTHEW	MCCARRY	87	01:32:17	86	01:31:37	80	M	53	MSNR	
596	RYAN	STODDART	88	01:32:21	77	01:31:08	81	M	54	MSNR	
264	VIV	WINTER	89	01:32:23	91	01:32:11	8	F	3	F40	
469	GEORGE	STAINSBY	90	01:32:26	92	01:32:20	82	M	20	M40	
1295	JASON	FORSTER	91	01:32:38	96	01:32:31	83	M	21	M40	ALLEN VALLEY STRIDERS
958	BRENDON	JACKSON	92	01:32:38	95	01:32:31	84	M	22	M40	ALLEN VALLEY STRIDERS
102	MARK	COLMAN	93	01:32:41	93	01:32:22	85	M	55	MSNR	CARLISLE TRI
792	PAUL	COLLINS	94	01:32:44	97	01:32:36	86	M	23	M40	STOCKPORT HARRIERS
1004	MARK	GRAHAM	95	01:32:46	98	01:32:39	87	M	24	M40	
137	CARL	TOMLINSON	96	01:32:46	90	01:32:10	88	M	56	MSNR	
818	STUART	HAMILTON	97	01:32:53	99	01:32:45	89	M	57	MSNR	
1058	CRAIG	BEATTIE	98	01:32:55	100	01:32:45	90	M	58	MSNR	
119	WAYNE	GREIG	99	01:32:57	94	01:32:24	91	M	59	MSNR	CARLISLE TRI CLUB
720	PAUL	BASSINDALE	100	01:33:14	102	01:32:56	92	M	9	M50	

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1000	MARTIN	PENRICE	101	01:33:18	101	01:32:49	93	M	10	M50	CUMBERLAND AC
507	ALAN	GRANT	102	01:33:19	105	01:33:11	94	M	25	M40	
541	ANGUS	MCMILLAN	103	01:33:26	107	01:33:21	95	M	11	M50	UNATTACHED
674	MALCOLM	DARBYSHIRE	104	01:33:34	104	01:33:05	96	M	12	M50	BLYTH RUNNING CLUB
1083	PHILIP	ROSIER	105	01:33:39	106	01:33:19	97	M	60	MSNR	
1138	NEIL	OSGOOD	106	01:33:55	109	01:33:45	98	M	26	M40	
1215	DARREN	WILDEY	107	01:34:07	113	01:33:56	99	M	61	MSNR	
750	MARTIN	QUINN	108	01:34:12	115	01:34:02	100	M	62	MSNR	
335	DANIEL	RANKINE	109	01:34:25	110	01:33:49	101	M	63	MSNR	
983	CHRIS	GRAY	110	01:34:33	120	01:34:29	102	M	64	MSNR	TRI-LAKELAND
713	DAVID	ROCKS	111	1:34:42	114	1:33:57	103	M	65	MSNR	
1357	GARRY	PATERSON	112	1:34:45	118	1:34:13	104	M	27	M40	LOW FELL
865	JOHN	KIRKBRIDE	113	1:34:47	122	1:34:37	105	M	28	M40	
922	JONATHAN	HEMINGWAY	114	1:34:51	124	1:34:39	106	M	66	MSNR	
337	GARY	WARWICK	115	1:34:52	116	1:34:05	107	M	67	MSNR	
23	CHRISTOPHER	WEAR	116	1:34:54	119	1:34:25	108	M	29	M40	CUMBERLAND AC
1327	KAREN	ROONEY	117	1:34:54	121	1:34:30	9	F	4	F40	TYNEBRIDGE WARRIORS
474	ANTHONY	MURPHY	118	1:34:56	125	1:34:46	109	M	30	M40	RED ROSE ROAD RUNNERS
1122	LEE	DOSWELL	119	1:35:07	127	1:34:48	110	M	68	MSNR	
1329	MARINA	PENN	120	1:35:10	129	1:34:56	10	F	6	FSNR	ST BEES TRIERS
1012	DAVID	HEWITSON	121	1:35:12	117	1:34:07	111	M	31	M40	
1188	HARRY	MOSCROP	122	1:35:14	131	1:35:03	112	M	69	MSNR	
1099	SAM	MCCREADIE	123	1:35:20	103	1:33:01	11	F	7	FSNR	BLACKBURN HARRIERS
817	SHANE	MOUNSEY	124	1:35:35	134	1:35:23	113	M	70	MSNR	
579	DAVID	MOONEY	125	1:35:44	123	1:34:37	114	M	71	MSNR	MOONEY MOTIVATORS

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6	ALISTAIR	BELL	126	1:35:46	128	1:34:51	115	M	72	MSNR	
204	IAN	ROBERTSON	127	1:35:47	85	1:31:36	116	M	73	MSNR	COPELAND A.C
1207	CLAIRE	MCNICHOLAS	128	1:35:49	133	1:35:20	12	F	8	FSNR	ELLENBOROUGH
470	CHRIS	FUNNELL	129	1:36:00	136	1:35:31	117	M	32	M40	UNATTACHED
1168	KEVIN	MITCHELL	130	1:36:06	143	1:35:55	118	M	33	M40	
578	LOCAL PRESS	LARGE	131	1:36:09	111	1:33:51	119	M	74	MSNR	
766	MALCOLM	LYONS	132	1:36:12	112	1:33:54	120	M	34	M40	
730	MARK	NIXON	133	1:36:14	142	1:35:53	121	M	75	MSNR	
1173	DAVID	PRESCOTT	134	1:36:17	144	1:35:59	122	M	35	M40	TRI LAKELAND
1321	JOHN	SKELTON	135	1:36:18	148	1:36:13	123	M	36	M40	
625	DAVID	HOOTON	136	1:36:23	145	1:36:04	124	M	1	M60	RED ROSE ROAD RUNNERS
867	HARRY	TELFORD	137	1:36:26	139	1:35:47	125	M	76	MSNR	
974	RAJAN	NAIR	138	1:36:30	149	1:36:15	126	M	77	MSNR	TYNE BRIDGE HARRIERS
859	NICK	KEALEY	139	1:36:30	135	1:35:28	127	M	78	MSNR	
1120	WARREN	MATTHEWS	140	1:36:31	152	1:36:23	128	M	37	M40	
127	CHRIS	RYAN	141	1:36:32	141	1:35:51	129	M	38	M40	
37	DAVID	MAGRI	142	1:36:34	153	1:36:25	130	M	79	MSNR	
481	MARK	WIGHTMAN	143	1:36:37	158	1:36:31	131	M	80	MSNR	
1341	STEPHANIE	PATTINSON	144	1:36:51	132	1:35:10	13	F	9	FSNR	
593	DAVID	MCMANUS	145	1:36:51	154	1:36:26	132	M	39	M40	WOODSTOCK HARRIERS
563	RICHARD	GRICE	146	1:36:55	108	1:33:28	133	M	81	MSNR	
1243	STEPHANIE	MARSHALL	147	1:36:59	151	1:36:21	14	F	10	FSNR	EDEN RUNNERS
570	ANDY	BAILEY	148	1:37:00	164	1:36:54	134	M	82	MSNR	TRI-LAKELAND
1205	TOM	GREENWOOD	149	1:37:01	162	1:36:53	135	M	83	MSNR	DRAGONS GYM
1196	CARL	BOWES	150	1:37:06	160	1:36:45	136	M	84	MSNR	

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1084	ANDY	PEEL	151	1:37:08	157	1:36:28	137	M	40	M40	
935	DAVID	TOWERS	152	1:37:09	150	1:36:19	138	M	85	MSNR	
118	GRAHAM	LEWIS	153	1:37:10	126	1:34:46	139	M	86	MSNR	
1266	IAN	PIPES	154	1:37:21	168	1:36:59	140	M	87	MSNR	
57	KEVIN	ALLEN	155	1:37:23	169	1:37:09	141	M	88	MSNR	
1353	MICHAEL	HOLLIDAY	156	1:37:25	130	1:35:02	142	M	89	MSNR	
1151	MICHAEL	COOKSON	157	1:37:27	146	1:36:10	143	M	90	MSNR	
1318	ALEX	HEMPTON	158	1:37:27	140	1:35:49	15	F	5	F40	
854	MICHAEL	GRAHAM	159	1:37:34	166	1:36:57	144	M	41	M40	LOW FELL RC
348	MARTIN	GALLAGHER	160	1:37:38	155	1:36:26	145	M	91	MSNR	
1026	JOHN	GREEN	161	1:37:41	167	1:36:58	146	M	13	M50	DUMFRIES RUNNING CLUB
1043	LEANNE	RUDD-EILBECK	162	1:37:44	171	1:37:27	16	F	11	FSNR	ST BEES TRIERS
571	ADAM	PEARSON	163	1:37:49	176	1:37:45	147	M	92	MSNR	
553	BRIAN	CORKHILL	164	1:37:50	137	1:35:45	148	M	42	M40	
279	JOHN	ANDREWARTHA	165	1:37:54	172	1:37:33	149	M	93	MSNR	EDEN RUNNERS
1145	RACHEL	JEFF	166	1:37:59	170	1:37:23	17	F	12	FSNR	UNATTACHED
582	MARK	RUTHERFORD	167	1:38:02	173	1:37:33	150	M	94	MSNR	KESWICK AC
1255	GREG	PAGAN	168	1:38:10	165	1:36:55	151	M	43	M40	
588	ANDREW	CRABTREE	169	1:38:10	138	1:35:46	152	M	95	MSNR	
759	ALISON	ASPINALL	170	1:38:11	174	1:37:34	18	F	13	FSNR	
510	JILL	JEFFERSON	171	1:38:12	180	1:38:03	19	F	1	F50	RED ROSE ROAD RUNNERS
860	DAVID	LIDDLE	172	1:38:21	182	1:38:08	153	M	44	M40	
1101	JONATHAN	ASHWORTH	173	1:38:23	156	1:36:27	154	M	96	MSNR	ELLENBOROUGH
970	DARREN	GLYNN	174	1:38:23	161	1:36:50	155	M	97	MSNR	
296	DAVID	BURNS	175	1:38:25	147	1:36:11	156	M	45	M40	

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<b>BIB</b>	<b>FORENAME</b>	<b>SURNAME</b>	<b>RANK</b>	<b>GUN TIME</b>	<b>CHIP RANK</b>	<b>CHIP TIME</b>	<b>GEN POS</b>	<b>GENDER</b>	<b>CAT POS</b>	<b>CATEGORY</b>	<b>CLUB</b>
1249	CHRIS	DOVE	176	1:38:29	159	1:36:31	157	M	46	M40	
1045	DAVID	POSTILL	177	1:38:40	181	1:38:06	158	M	47	M40	CARLISLE TRI
947	MALACHY	LYNAS	178	1:38:43	183	1:38:18	159	M	98	MSNR	
781	JASON	MCARDLE	179	1:38:48	163	1:36:53	160	M	48	M40	
791	IAN	PHILLIPS	180	1:38:49	177	1:37:55	161	M	49	M40	
1369	DIANE	AITCHINSON	181	1:38:52	178	1:37:59	20	F	14	FSNR	
1111	TONY	HOLLIDAY	182	1:38:57	179	1:38:02	162	M	50	M40	
188	TOM	BROCKLEBANK	183	1:39:13	184	1:38:19	163	M	99	MSNR	
871	PETER	MENZIES	184	1:39:14	175	1:37:42	164	M	51	M40	
323	GARY	RICHARDSON	185	1:39:16	191	1:39:08	165	M	100	MSNR	
30	PAUL	CECCHINI	186	1:39:18	190	1:39:05	166	M	14	M50	
623	NEIL	JAMIESON	187	1:39:18	193	1:39:13	167	M	2	M60	CARLISLE TRI CLUB
673	THOMAS	TAYLOR	188	1:39:29	195	1:39:24	168	M	15	M50	
1302	JESS	GILLON	189	1:39:40	198	1:39:33	21	F	15	FSNR	
540	MALLY	IRVING	190	1:39:41	197	1:39:27	169	M	52	M40	
1227	GARETH	LEE	191	1:39:47	199	1:39:34	170	M	101	MSNR	
931	ANDREW	TURNBULL	192	1:39:47	187	1:38:49	171	M	102	MSNR	TYNEDALE HARRIERS & AC
1155	GRAEME	THOMPSON	193	1:39:53	192	1:39:08	172	M	53	M40	WIGTON ROAD RUNNERS
1152	MATT	COLEBY	194	1:39:55	201	1:39:45	173	M	103	MSNR	
186	DANIEL	MCGUIGAN	195	1:40:07	189	1:38:57	174	M	104	MSNR	
614	GREG	TURNER	196	1:40:08	200	1:39:41	175	M	105	MSNR	
1041	BRIAN	STONEHOUSE	197	1:40:12	202	1:40:06	176	M	3	M60	TYNEDALE HARRIERS
405	GREG	HALL	198	1:40:33	186	1:38:36	177	M	106	MSNR	EDEN RUNNERS
928	JANINE	NEEDHAM	199	1:40:42	209	1:40:26	22	F	16	FSNR	RED ROSE ROAD RUNNERS
1190	DANIEL	MCVIETY	200	1:40:44	208	1:40:20	178	M	107	MSNR	



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26	TERESA	MEDLEY	201	1:40:44	207	1:40:19	23	F	6	F40	BORDER HARRIERS
811	LYNE	VALENTINE	202	1:40:46	210	1:40:31	24	F	2	F50	SUNDERLAND STROLLERS
1236	LISA	POWE	203	1:40:52	215	1:40:35	25	F	17	FSNR	
1237	BRUCE	WALKER	204	1:40:52	211	1:40:32	179	M	16	M50	
808	THOMAS	KELLY	205	1:40:53	196	1:39:24	180	M	108	MSNR	
53	PAUL	RAWLINSON	206	1:40:57	212	1:40:32	181	M	109	MSNR	
615	DARREN	COLLIN	207	1:40:57	218	1:40:39	182	M	110	MSNR	
35	STEPHEN	BRADLEY	208	1:41:03	214	1:40:33	183	M	54	M40	
41	DANIEL	HUNTER	209	1:41:03	206	1:40:18	184	M	111	MSNR	
1025	NINA	GALLONI	210	1:41:04	203	1:40:06	26	F	18	FSNR	
421	BARRY	MESSINGER	211	1:41:11	223	1:40:54	185	M	17	M50	
1189	KIEREN	EWART	212	1:41:14	225	1:40:56	186	M	112	MSNR	
455	DAVID	BOND	213	1:41:16	219	1:40:40	187	M	113	MSNR	LOW FELL RUNNING CLUB
806	MARTIN	SOWERBY	214	1:41:17	221	1:40:48	188	M	114	MSNR	
985	STEVEN	JACKSON	215	1:41:17	233	1:41:13	189	M	115	MSNR	
290	TOBY	HARLING	216	1:41:19	205	1:40:11	190	M	116	MSNR	BORDER HARRIERS
978	JAMES	IRVING	217	1:41:24	230	1:41:04	191	M	117	MSNR	CARLISLE TRI
669	MARK	BARRASS	218	1:41:25	188	1:38:56	192	M	55	M40	
198	JOHN	EVANS	219	1:41:25	220	1:40:47	193	M	56	M40	UNATTACHED
351	PAUL	HARRINGTON	220	1:41:34	228	1:41:01	194	M	57	M40	
438	LESLIE-JAMES	MC DERMENT	221	1:41:43	217	1:40:36	195	M	58	M40	KILMARNOCK HARRIER & A.C
367	KEITH	WEST	222	1:41:48	222	1:40:49	196	M	18	M50	
252	DAVID	BUFFHAM	223	1:41:51	204	1:40:10	197	M	19	M50	UNATTACHED
752	BARRY	WHEELER	224	1:41:57	239	1:41:42	198	M	118	MSNR	RED ROSE ROAD RUNNERS
565	STUART	LIGHTFOOT	225	1:42:02	242	1:41:49	199	M	119	MSNR	UNATTACHED

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54	ANDREW	HULLOCK	226	1:42:02	234	1:41:21	200	M	120	MSNR	
672	TERENCE	MCCABE	227	1:42:04	236	1:41:34	201	M	4	M60	BLYTH RC
368	DANIEL	MULLINDER	228	1:42:04	245	1:41:54	202	M	59	M40	
1115	PAUL	SCHOFIELD	229	1:42:05	238	1:41:36	203	M	121	MSNR	CUMBERLAND AC
823	BARRY	HUITSON	230	1:42:06	216	1:40:35	204	M	122	MSNR	
1061	SARAH	WRIGHT	231	1:42:09	247	1:42:03	27	F	19	FSNR	
1303	DAYLE	ARMSTRONG	232	1:42:18	235	1:41:33	205	M	123	MSNR	
1162	JOANNE	HAZELL	233	1:42:19	243	1:41:52	28	F	20	FSNR	DH RUNNERS
1181	JASON	POLLOCK	234	1:42:19	244	1:41:52	206	M	60	M40	
539	MARK GEOFFREY	HALL	235	1:42:24	240	1:41:46	207	M	61	M40	DUMFRIES HARRIERS
21	RICHARD	HILL	236	1:42:28	185	1:38:29	208	M	62	M40	CARLISLE TRI-CLUB
914	JOHN	BARNES	237	1:42:30	255	1:42:22	209	M	124	MSNR	
265	DAVE	MAUDSLEY	238	1:42:40	257	1:42:24	210	M	63	M40	RED ROSE ROAD RUNNERS
194	GARY	WHETTON	239	1:42:42	260	1:42:30	211	M	125	MSNR	
1343	ANDREW	CARTER	240	1:42:47	248	1:42:03	212	M	64	M40	
1066	PHILIP	STURGESS	241	1:42:50	232	1:41:10	213	M	65	M40	
1068	PAULINE	TYSON	242	1:42:54	256	1:42:23	29	F	7	F40	HOWGILL HARRIERS
667	ADELE	ROCHE	243	1:42:54	258	1:42:24	30	F	3	F50	HOWGILL HARRIER
1297	STEVEN	ROOKE	244	1:42:55	194	1:39:18	214	M	126	MSNR	
187	PAUL	CORCORAN	245	1:42:57	261	1:42:37	215	M	66	M40	
422	STEVIE	SHARP	246	1:42:57	253	1:42:11	31	F	21	FSNR	
828	WILLIAM	LAIDLAW	247	1:43:08	213	1:40:32	216	M	127	MSNR	
1265	GARY	DIXON	248	1:43:14	268	1:43:03	217	M	128	MSNR	
1141	COLIN	MCGONAGLE	249	1:43:16	269	1:43:05	218	M	67	M40	
342	CAROLE	FEARON	250	1:43:19	251	1:42:06	32	F	22	FSNR	

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1057	JAMES	HAYTON	251	1:43:23	229	1:41:02	219	M	129	MSNR	
344	ALAN	YOUNG	252	1:43:29	246	1:41:58	220	M	130	MSNR	
347	GARRY	DODD	253	1:43:30	249	1:42:04	221	M	68	M40	
1258	JANE	GREENING	254	1:43:31	259	1:42:25	33	F	23	FSNR	
22	PAUL	GARDINER	255	1:43:35	231	1:41:08	222	M	131	MSNR	
1333	WAYNE	MURRAY	256	1:43:37	250	1:42:05	223	M	69	M40	
776	CHERYL	PARKIN	257	1:43:37	270	1:43:06	34	F	24	FSNR	LOW FELL RC
899	ANDREW	WALKER	258	1:43:40	262	1:42:42	224	M	132	MSNR	
825	IAN	HUNTER	259	1:43:41	254	1:42:12	225	M	133	MSNR	
1156	CLAIRE	GRAY	260	1:43:42	272	1:43:12	35	F	8	F40	SHEEPMOUNT RUNNING CLUB
382	ANDREW	CARTER	261	1:43:44	226	1:40:56	226	M	134	MSNR	
1123	MARK	BARTRIP	262	1:43:45	237	1:41:34	227	M	135	MSNR	
942	DAVID	BILLINGTON	263	1:43:46	224	1:40:55	228	M	70	M40	CARLISLE/ASPATRIA AC
89	PAUL	COON	264	1:43:50	278	1:43:25	229	M	136	MSNR	
1199	KATE	JARVIS	265	1:43:50	241	1:41:47	36	F	9	F40	
1325	ANDREW	WALKER	266	1:43:54	283	1:43:33	230	M	20	M50	2823273
821	ANTHONY	IRVING	267	1:43:57	284	1:43:33	231	M	137	MSNR	
639	NICOLA	CARRUTHERS	268	1:44:00	271	1:43:08	37	F	25	FSNR	CARLISLE TRI CLUB
167	LOUISE	RILEY	269	1:44:06	288	1:43:50	38	F	26	FSNR	ST BEES TRIERS
816	CHARLIE	CARNEY	270	1:44:07	252	1:42:07	232	M	71	M40	
886	PAUL	RIPPON	271	1:44:10	274	1:43:19	233	M	138	MSNR	
301	GRAHAM	PETTIE	272	1:44:11	295	1:44:09	234	M	21	M50	
31	PHILIP	BALLANTYNE	273	1:44:12	273	1:43:14	235	M	139	MSNR	
703	ANDREW	HARDINGHAM	274	1:44:15	227	1:40:58	236	M	140	MSNR	
668	PAUL	ROONEY	275	1:44:17	293	1:44:05	237	M	72	M40	

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489	CHRIS	MOSSOP	276	1:44:18	292	1:44:04	238	M	141	MSNR	
936	DEAN	NICHOLSON	277	1:44:20	264	1:42:52	239	M	142	MSNR	
849	PAUL	GREESON	278	1:44:28	279	1:43:25	240	M	73	M40	UNATTACHED
995	ALAN	HODGSON	279	1:44:30	294	1:44:08	241	M	22	M50	
1194	ALAN	PITCHER	280	1:44:32	265	1:42:53	242	M	23	M50	WIGTON ROADRUNNERS
879	JACK	TELFORD	281	1:44:34	290	1:43:54	243	M	143	MSNR	
681	CATHERINE	YOUNG	282	1:44:34	287	1:43:49	39	F	4	F50	BLYTH RC
826	JANET	TREVASKIS	283	1:44:37	266	1:42:56	40	F	10	F40	ARRAGONS TRI CLUB
522	ALEX	MCALL	284	1:44:43	280	1:43:25	244	M	144	MSNR	
991	LAUREN	GRAHAM	285	1:44:45	263	1:42:51	41	F	27	F50	
990	GUY	GRAHAM	286	1:44:45	289	1:43:53	245	M	74	M40	
219	MIKE	BLACKLEY	287	1:44:48	281	1:43:28	246	M	145	MSNR	
495	PHILIP	DAVIDSON	288	1:44:49	299	1:44:32	247	M	24	M50	RED ROSE ROAD RUNNERS
946	RICHARD	POTTER	289	1:44:50	267	1:43:00	248	M	146	MSNR	
1020	JOHN	WOOLRIDGE	290	1:44:55	285	1:43:36	249	M	5	M60	BORDER HARRIERS
1339	PHILLIP	JOHNSTON	291	1:45:01	305	1:44:49	250	M	147	MSNR	
941	DAVID	RICE	292	1:45:05	296	1:44:11	251	M	148	MSNR	KESWICK AC
721	ROBERT	BRUMFITT	293	1:45:12	298	1:44:26	252	M	149	MSNR	
873	ROGER	COWTON	294	1:45:12	277	1:43:22	253	M	75	M40	
980	EMMA	ALPIN	295	1:45:13	310	1:45:03	42	F	11	F40	ALLEN VALLEY STRIDERS
67	NATALIE	BOWMAN	296	1:45:22	303	1:44:45	43	F	28	F50	
1187	FIONA	TODD	297	1:45:22	306	1:44:53	44	F	29	F50	
1135	DIANNE	HALLIDAY	298	1:45:33	309	1:45:01	45	F	5	F50	
856	ADAM	ARMATA	299	1:45:34	300	1:44:33	254	M	150	MSNR	
984	DAVID	LEGG	300	1:45:45	291	1:44:03	255	M	76	M40	PONTELAND RUNNERS

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508	IAN	WILSON	301	1:45:51	312	1:45:15	256	M	151	MSNR	
896	STEVEN	HEWITT	302	1:45:57	276	1:43:19	257	M	152	MSNR	
637	ANDREW	CONVERY	303	1:45:57	275	1:43:19	258	M	153	MSNR	
711	GRAHAM	FRASER	304	1:46:00	321	1:45:51	259	M	6	M60	ALLEN VALLEY STRIDERS
939	JAMES	JOHNSTONE	305	1:46:03	318	1:45:38	260	M	154	MSNR	
271	DANIEL	SCOTT	306	1:46:06	301	1:44:38	261	M	155	MSNR	
1366	HARRY	MASON	307	1:46:14	302	1:44:38	262	M	156	MSNR	
1225	JAMIE	MINETT	308	1:46:16	330	1:46:03	263	M	157	MSNR	
929	SHARON	HALLIBURTON	309	1:46:21	331	1:46:03	46	F	12	F40	UNATTACHED
773	TOM	BROWN	310	1:46:24	314	1:45:22	264	M	25	M50	WIGTON ROAD RUNNERS
81	STEVE	REYNOLDS	311	1:46:28	286	1:43:44	265	M	158	MSNR	
1317	STEPHEN	CAMPBELL	312	1:46:31	335	1:46:11	266	M	159	MSNR	
197	MATTHEW	KENDALL	313	1:46:32	322	1:45:51	267	M	160	MSNR	UNATTACHED
797	ROY	GLEN DINNING	314	1:46:35	337	1:46:18	268	M	161	MSNR	
1248	RICHARD	DOUGLAS	315	1:46:36	308	1:44:57	269	M	77	M40	
952	STEVE	VINEY	316	1:46:38	334	1:46:09	270	M	7	M60	
241	JOSEPH	FELL	317	1:46:44	304	1:44:48	271	M	162	MSNR	EREWASH VALLEY RUNNING CLUB
339	SHANE	SURTEES	318	1:46:46	327	1:45:59	272	M	163	MSNR	
618	KEVIN	BUSH	319	1:46:51	344	1:46:40	273	M	26	M50	
881	NICK	WILSON	320	1:46:52	340	1:46:26	274	M	27	M50	
449	DANIEL	MCCONNELL	321	1:46:58	297	1:44:24	275	M	164	MSNR	
182	BRIAN	LUNN	322	1:47:00	342	1:46:27	276	M	78	M40	
15	WENDY	WHARTON	323	1:47:02	323	1:45:52	47	F	6	F50	
262	WILLIAM	DOIDGE	324	1:47:03	341	1:46:26	277	M	8	M60	LOW FELL R C
1030	AUDREY	O'KELLY	325	1:47:04	343	1:46:33	48	F	13	F40	CARLISLE TRI CLUB

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919	GARETH	O'LEARY	326	1:47:10	307	1:44:53	278	M	165	MSNR	
462	STEWART	MCALLISTER	327	1:47:12	332	1:46:03	279	M	166	MSNR	KILMARNOCK HARRIERS
694	JON	PARKIN	328	1:47:15	316	1:45:33	280	M	167	MSNR	PONTELAND RUNNERS
844	PRADEEP	BHAGAWAN	329	1:47:16	324	1:45:54	281	M	28	M50	CARLISLE TRI CLUB
1332	DAVID	TUCK	330	1:47:18	326	1:45:55	282	M	79	M40	
416	LORNA	GOLD	331	1:47:20	338	1:46:18	49	F	14	F40	
1280	JOHN	BAMFORTH	332	1:47:25	282	1:43:28	283	M	80	M40	
94	ROBERT	CRAIG	333	1:47:26	339	1:46:23	284	M	29	M50	
964	MOLLY	WILKINSON	334	1:47:27	320	1:45:48	50	F	30	FSNR	
1275	DAVID	JAMIESON	335	1:47:28	359	1:47:23	285	M	81	M40	CARLISLE TRI
370	LYNNE	ARMSTRONG	336	1:47:28	328	1:45:59	51	F	15	F40	
356	FRANK	NIGHTINGALE	337	1:47:30	354	1:47:15	286	M	82	M40	RED ROSE ROAD RUNNERS
40	DAVID	GREENWOOD	338	1:47:39	313	1:45:19	287	M	168	MSNR	
648	CHRIS	COLLETT	339	1:47:43	336	1:46:11	288	M	83	M40	UNATTACHED
1310	ALISTAIR	WOODMAN	340	1:47:46	311	1:45:11	289	M	84	M40	
1256	STEPHEN	HARDING	341	1:47:46	350	1:47:06	290	M	169	MSNR	
254	DAVID	MOSSOP	342	1:47:49	356	1:47:18	291	M	85	M40	UNATTACHED
1351	GRAHAM	LEGGETT	343	1:47:50	346	1:46:43	292	M	86	M40	
357	EMMA	DORWARD	344	1:47:51	370	1:47:44	52	F	31	FSNR	UNATTACHED
1204	MICHAEL	TRESTIANU	345	1:47:57	315	1:45:23	293	M	170	MSNR	
831	JOYCE	DAN	346	1:48:03	329	1:46:00	294	M	171	MSNR	
1316	PAUL	HAMMON	347	1:48:04	361	1:47:25	295	M	172	MSNR	
1044	JENNY	FRIEND	348	1:48:05	362	1:47:29	53	F	7	F50	
141	CATHERINE	WILSON	349	1:48:06	363	1:47:32	54	F	32	FSNR	
996	MARK	CHRISTER	350	1:48:06	349	1:47:03	296	M	87	M40	

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140	VICKY	ILLINGWORTH	351	1:48:07	365	1:47:33	55	F	33	FSNR	
851	MARGARET	LUPTON	352	1:48:07	372	1:47:51	56	F	16	F40	RED ROSE ROAD RUNNERS
444	ROSEMARY	MCMILLAN	353	1:48:11	317	1:45:33	57	F	8	F50	KILMARNOCK HARRIER& AC
445	KEN	WALES	354	1:48:11	319	1:45:38	297	M	88	M40	KILMARNOCK HARRIERS
1331	GARETH	BOWLER	355	1:48:11	373	1:47:54	298	M	173	MSNR	ST BEES
698	ROBERT	HUNTER	356	1:48:14	358	1:47:22	299	M	174	MSNR	
566	IVAN	MUCKLE	357	1:48:22	333	1:46:03	300	M	175	MSNR	NIKE FACTORY STORE GRETNA
809	ROBIN	MUMBERSON	358	1:48:29	375	1:48:04	301	M	176	MSNR	
598	ANTHONY	CROPLEY	359	1:48:29	368	1:47:40	302	M	177	MSNR	
1284	CHRIS	SEDDON	360	1:48:42	357	1:47:20	303	M	178	MSNR	
248	ANDY	BICKNELL	361	1:48:46	353	1:47:11	304	M	89	M40	
479	MARK	DUERDEN	362	1:48:52	371	1:47:48	305	M	90	M40	
1285	PAUL	MCCONNELL	363	1:48:54	351	1:47:09	306	M	179	MSNR	
60	TONY	MILLS	364	1:48:57	364	1:47:32	307	M	91	M40	UNATTACHED
1001	DAVID	HARRISON	365	1:49:06	381	1:48:50	308	M	30	M50	
263	CHRIS	JOHNSTON	366	1:49:07	382	1:48:54	309	M	92	M40	
1273	ANDREW	HICKIN	367	1:49:15	376	1:48:05	310	M	31	M50	
736	GAVIN	GRAHAM	368	1:49:16	347	1:46:48	311	M	180	MSNR	
1223	ALEX	OTTANAN	369	1:49:17	385	1:49:03	312	M	181	MSNR	
403	MARK	BOWRON	370	1:49:21	386	1:49:05	313	M	182	MSNR	
443	JACQUELINE	NEIL	371	1:49:22	348	1:46:48	58	F	34	FSNR	KILMARNOCK HARRIERS
937	BOB	NAJAFI	372	1:49:25	360	1:47:24	314	M	32	M50	LOW FELL RC
789	CLAIRE	FISHER	373	1:49:30	325	1:45:54	59	F	35	FSNR	ST.BEES TRIERS
1282	CARMEL	BONES	374	1:49:34	389	1:49:09	60	F	17	F40	
585	LIAM	MAYCOCK	375	1:49:42	352	1:47:10	315	M	183	MSNR	

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1137	JULIET	GRIEVES	376	1:49:43	366	1:47:34	61	F	18	F40	
595	ELIZABETH	SLATER	377	1:49:44	387	1:49:05	62	F	36	FSNR	
1108	CATHERINE	KEEVIL	378	1:49:47	367	1:47:37	63	F	37	FSNR	
1229	SIMON	HODGSON	379	1:49:55	402	1:49:45	316	M	184	MSNR	
956	PAUL	MOORE	380	1:50:00	383	1:48:54	317	M	185	MSNR	ALLEN VALLEY STRIDERS
136	MATTHEW	BELL	381	1:50:05	395	1:49:24	318	M	186	MSNR	
891	JOANNE	PERCIVAL	382	1:50:09	409	1:50:00	64	F	19	F40	
782	AMANDA	SINGLETON	383	1:50:13	401	1:49:38	65	F	20	F40	EDEN RUNNERS
1344	RACHEL	ADAMSON	384	1:50:15	410	1:50:01	66	F	38	FSNR	TYNE BRIDGE HARRIERS
1220	TOMASZ	ADRIAN	385	1:50:18	392	1:49:17	319	M	187	MSNR	
359	MARTIN	BAINBRIDGE	386	1:50:19	369	1:47:40	320	M	93	M40	
261	TONY	LOPEZ-GOMEZ	387	1:50:19	345	1:46:42	321	M	188	MSNR	
1118	ANDREW	WILLIAMSON	388	1:50:22	379	1:48:37	322	M	189	MSNR	
1003	LYNN	HUTCHINSON	389	1:50:25	407	1:49:48	67	F	21	F40	
70	JODIE	LAIRD	390	1:50:32	422	1:50:22	68	F	39	FSNR	
490	PAUL	FLETCHER	391	1:50:35	355	1:47:16	323	M	190	MSNR	
465	SI	FRANK	392	1:50:35	380	1:48:39	324	M	191	MSNR	
1040	JAMES TAYLOR	KIDD	393	1:50:44	377	1:48:23	325	M	192	MSNR	
1063	CHRISTOPHER	COOK	394	1:50:46	415	1:50:10	326	M	193	MSNR	
477	WILLIAM	BEALES	395	1:50:46	429	1:50:32	327	M	194	MSNR	
1175	SIMON	KEALEY	396	1:50:51	404	1:49:46	328	M	94	M40	
440	EMMA	SIDWELL	397	1:50:51	405	1:49:46	69	F	40	FSNR	
49	DION	CROZIER	398	1:50:52	394	1:49:23	329	M	195	MSNR	
685	CHARLOTTE	ALCOCK	399	1:50:58	426	1:50:30	70	F	9	F50	
971	JIM	PAGE	400	1:50:59	416	1:50:12	330	M	95	M40	



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906	FELICITY	WATSON	401	1:51:00	374	1:47:58	71	F	41	FSNR	TYNE BRIDGE HARRIERS
1119	ADAM	SCOTT	402	1:51:01	396	1:49:32	331	M	196	MSNR	
138	KATRINA	MCCAUGHAN	403	1:51:03	393	1:49:19	72	F	42	FSNR	
753	GRANT	BRADDOCK	404	1:51:06	399	1:49:35	332	M	197	MSNR	
862	LIZ	FORSYTH	405	1:51:13	431	1:50:44	73	F	22	F40	
799	COLIN	FARNDON	406	1:51:17	384	1:48:59	333	M	96	M40	
1136	STEPHEN	HALLIDAY	407	1:51:22	432	1:50:50	334	M	33	M50	
1350	CRAIG	HOUGHTON	408	1:51:26	419	1:50:20	335	M	97	M40	
63	ANDY	NELSON	409	1:51:33	430	1:50:35	336	M	98	M40	DERWENT AC COCKERMOUTH
1262	PHIL	COOPER	410	1:51:37	427	1:50:30	337	M	198	MSNR	EDEN RUNNERS
1051	D	BRAITHWAITE	411	1:51:41	433	1:50:51	338	M	199	MSNR	
573	VIVIAN	NEWBY	412	1:51:43	421	1:50:21	74	F	23	F40	
200	STEVEN	BEARD	413	1:51:49	443	1:51:35	339	M	200	MSNR	
1306	SARAH	MORLEY	414	1:51:51	403	1:49:45	75	F	24	F40	
19	CRAIG	PARKINSON	415	1:51:54	390	1:49:09	340	M	34	M50	
807	GRACE	DONOVAN	416	1:51:54	406	1:49:46	76	F	43	FSNR	
125	WILLIAM	NIXON	417	1:51:58	397	1:49:32	341	M	35	M50	
1267	MARY	TEMPLE	418	1:51:58	398	1:49:32	77	F	25	F40	
1100	CARL	DEANE	419	1:52:01	439	1:51:18	342	M	99	M40	
902	ANDREW	BEZUSZKO	420	1:52:04	400	1:49:37	343	M	201	MSNR	
644	PAUL	SHARMAN	421	1:52:10	420	1:50:20	344	M	36	M50	
810	SUZANNE	SMITH	422	1:52:12	434	1:51:07	78	F	26	F40	
453	STUART	BARTIE	423	1:52:14	378	1:48:32	345	M	202	MSNR	
1008	SHEENA	MURRAY	424	1:52:19	413	1:50:02	79	F	27	F40	
558	DAVID	WAINWRIGHT	425	1:52:20	411	1:50:01	346	M	100	M40	

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276	PETER	WALLACE	426	1:52:24	448	1:51:45	347	M	203	MSNR	
349	ALEX	DOCTON	427	1:52:26	437	1:51:11	348	M	101	M40	
926	JOHN	OKEY	428	1:52:28	454	1:52:04	349	M	102	M40	
852	RICHARD	LODGE	429	1:52:29	457	1:52:12	350	M	37	M50	
1241	JULIET	HARRISON	430	1:52:29	408	1:49:56	80	F	44	FSNR	
706	CAROLINE	EVANS	431	1:52:31	424	1:50:23	81	F	45	FSNR	HEADINGTON ROAD RUNNERS
280	MICHAEL	MCSHANE	432	1:52:33	417	1:50:12	351	M	204	MSNR	
396	ALASTAIR	FORBES	433	1:52:39	414	1:50:09	352	M	205	MSNR	
316	SARAH	CHAUDHRI	434	1:52:39	423	1:50:22	82	F	10	F50	CUMBERLAND AC
8	CHRISTOPHER	BAYLISS	435	1:52:39	440	1:51:21	353	M	38	M50	UNATTACHED
712	TIM	COLLINS	436	1:52:41	446	1:51:39	354	M	103	M40	
1242	TONY	ETHERINGTON	437	1:52:46	458	1:52:15	355	M	104	M40	
833	DAMIEN	BYRNE	438	1:52:46	462	1:52:16	356	M	206	MSNR	CARLISLE VILLA AMATUER BOXING
857	TONY	DUNN	439	1:52:46	461	1:52:16	357	M	207	MSNR	CARLISLE VILLA AMATEUR BOXING
606	COLIN	LEVOI	440	1:52:46	435	1:51:08	358	M	39	M50	
754	GARY	BRADDOCK	441	1:52:47	438	1:51:17	359	M	105	M40	
1047	CHRIS	KNOX	442	1:52:48	388	1:49:08	360	M	40	M50	
1104	PAUL	OWEN	443	1:52:53	391	1:49:16	361	M	41	M50	
324	SAMUEL	STARMER	444	1:52:54	412	1:50:01	362	M	208	MSNR	
794	KATE	JOHNSTONE	445	1:52:55	468	1:52:37	83	F	11	F50	KESWICK
1134	HARRY	BERGER	446	1:53:02	449	1:51:48	363	M	106	M40	
1052	D	ROME	447	1:53:05	451	1:51:54	364	M	209	MSNR	
924	STEVEN	CARR	448	1:53:06	475	1:52:53	365	M	107	M40	
761	PHILIP	MELOY	449	1:53:15	463	1:52:27	366	M	210	MSNR	UNATTACHED
1277	RIA	LAURIE	450	1:53:17	425	1:50:29	84	F	46	FSNR	

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1185	CAROLYN	MILLICAN	451	1:53:18	428	1:50:30	85	F	47	FSNR	
987	ROBERT	PATTINSON	452	1:53:20	444	1:51:37	367	M	211	MSNR	
855	AARON	LYONS	453	1:53:22	418	1:50:13	368	M	212	MSNR	
1305	IAN	MCGARRY	454	1:53:25	478	1:53:08	369	M	42	M50	
1186	DANIEL	GILL	455	1:53:27	442	1:51:33	370	M	213	MSNR	
827	CATHERINE	BENT	456	1:53:30	472	1:52:41	86	F	28	F40	
1056	JAROSLAW	MIGAWA	457	1:53:38	469	1:52:37	371	M	108	M40	
1069	MATTHEW	GIDDENS	458	1:53:41	445	1:51:38	372	M	214	MSNR	
876	ALEXANDRA	BATTERSBY	459	1:53:46	485	1:53:31	87	F	48	FSNR	TYNE BRIDGE HARRIERS
641	LOUISE	GRIFFIN	460	1:53:47	470	1:52:37	88	F	29	F40	TYNEDALE HARRIERS
350	CARMEN	DOCTON	461	1:53:48	466	1:52:34	89	F	30	F40	
1322	GEMMA	CARTER	462	1:53:52	452	1:51:56	90	F	49	FSNR	
450	DAVID	HORNE	463	1:54:11	479	1:53:09	373	M	43	M50	NORTH YORKSHIRE POLICE AC
959	STEVEN	TYSON	464	1:54:12	447	1:51:41	374	M	109	M40	
250	HANNAH	BLAND	465	1:54:14	496	1:53:59	91	F	50	FSNR	UNATTACHED
243	PHIL	MOORE	466	1:54:17	455	1:52:11	375	M	110	M40	
1013	DANNY	PITMAN	467	1:54:17	441	1:51:31	376	M	215	MSNR	
1067	JOHN	PALLISTER	468	1:54:18	459	1:52:15	377	M	216	MSNR	
1279	CHRIS	PONISON	469	1:54:20	450	1:51:48	378	M	217	MSNR	
722	SIMON	WILKINSON	470	1:54:23	474	1:52:50	379	M	218	MSNR	
220	CLAIRE	HARRISON	471	1:54:32	465	1:52:31	92	F	51	FSNR	
1184	ANDREW	JORDAN	472	1:54:40	436	1:51:10	380	M	219	MSNR	
695	MICHAEL	JONES	473	1:54:46	507	1:54:32	381	M	220	MSNR	
1195	WAYNE	JACKSON	474	1:54:46	511	1:54:40	382	M	221	MSNR	
1245	CRAIG	HARPER	475	1:54:47	495	1:53:56	383	M	222	MSNR	

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1200	STEPHEN	JARVIS	476	1:54:49	473	1:52:45	384	M	223	MSNR	
1294	GAYLE	FORSTER	477	1:54:53	487	1:53:43	93	F	31	F40	ALLEN VALLEY STRIDERS
251	ANDREW	RUSSELL	478	1:54:55	491	1:53:51	385	M	111	M40	UNATTACHED
1011	JULIE	STORY	479	1:55:01	460	1:52:15	94	F	32	F40	
1239	CELIA	SANDERSON	480	1:55:04	493	1:53:54	95	F	33	F40	ALLEN VALLEY STRIDERS
283	SIMON	ANDREASSEN	481	1:55:04	492	1:53:54	386	M	112	M40	ALLEN VALLEY STRIDERS
1065	ALISTAIR	GRAHAM	482	1:55:05	477	1:53:06	387	M	224	MSNR	
1218	JILL	GARDINER	483	1:55:16	467	1:52:34	96	F	52	FSNR	
483	SARAH JANE	EDWARDS	484	1:55:20	499	1:54:04	97	F	34	F40	CUMBERLAND AC
468	DANNY	ORR	485	1:55:25	510	1:54:39	388	M	225	MSNR	
903	MATTHEW	MURRAY	486	1:55:26	494	1:53:54	389	M	226	MSNR	
771	MARK	ASHTON	487	1:55:28	464	1:52:28	390	M	113	M40	
355	MATTHEW	CAMERON	488	1:55:31	471	1:52:39	391	M	227	MSNR	
38	A	WAUGH	489	1:55:31	503	1:54:19	392	M	228	MSNR	
514	BRENDAN	MCARDLE	490	1:55:34	481	1:53:14	393	M	114	M40	
756	NICOLA	PAXON	491	1:55:37	504	1:54:20	98	F	53	FSNR	KESWICK
27	LISA	VARTY	492	1:55:38	515	1:54:51	99	F	54	FSNR	UNATTACHED
1019	PHIL	HOWE	493	1:55:39	482	1:53:20	394	M	229	MSNR	
877	ANDY	SHARP	494	1:55:40	488	1:53:45	395	M	44	M50	HOLME PIERREPONT RUNNING CLUB
795	JAMES	JOHNSTONE	495	1:55:41	456	1:52:11	396	M	9	M60	KESWIK
310	JAMES	ROBINSON	496	1:55:43	526	1:55:20	397	M	115	M40	
531	STEPHEN	WARWICK	497	1:55:45	527	1:55:22	398	M	116	M40	UNATTACHED
334	JANE	MOTTRAM	498	1:55:47	484	1:53:29	100	F	12	F50	CUMBERLAND FELL RUNNERS
820	SAM	ALLISON	499	1:55:47	514	1:54:49	101	F	35	F40	
1170	SEAN	MURPHY	500	1:55:52	523	1:55:15	399	M	117	M40	

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1365	MARK	WEBSTER	501	1:55:55	476	1:53:05	400	M	230	MSNR	
954	CARLA	NICHOLSON	502	1:55:57	528	1:55:22	102	F	55	FSNR	
840	NEIL	SHEPHERD	503	1:56:01	506	1:54:31	401	M	231	MSNR	
832	KIRSTY	HUNTER	504	1:56:06	486	1:53:31	103	F	56	FSNR	
1059	NICK	WEALLEANS	505	1:56:08	520	1:55:03	402	M	232	MSNR	
1360	LIZ	RAVEN	506	1:56:12	480	1:53:10	104	F	57	FSNR	
604	ALAN	JACKSON	507	1:56:14	497	1:54:01	403	M	118	M40	
636	MICHAEL	ROSS	508	1:56:14	453	1:52:01	404	M	233	MSNR	
486	CAROL	SMITH	509	1:56:15	512	1:54:45	105	F	36	F40	
378	SUSAN	RICHARDSON	510	1:56:15	513	1:54:45	106	F	37	F40	
1131	ANDREW	NOBLE	511	1:56:18	533	1:55:47	405	M	234	MSNR	
1049	PAUL	HUDSON	512	1:56:22	544	1:56:11	406	M	119	M40	
762	RICHARD	LITT	513	1:56:23	543	1:56:08	407	M	235	MSNR	
1169	DALE	HEDLEY	514	1:56:24	539	1:56:01	408	M	236	MSNR	
576	KIMBERLEY	PATTISON	515	1:56:25	534	1:55:47	107	F	58	FSNR	
904	EMMA	GRAHAM	516	1:56:25	529	1:55:26	108	F	59	FSNR	ST BEES TRIERS
1274	CATHERINE	BALLARD	517	1:56:26	489	1:53:47	109	F	60	FSNR	
1159	CLAIRE	BRADLEY	518	1:56:30	498	1:54:02	110	F	38	F40	
1127	NICOLA	LATIMER	519	1:56:32	516	1:54:52	111	F	39	F40	
1128	GREG	KELLY	520	1:56:34	490	1:53:49	409	M	45	M50	
101	BRIAN	PEARCE	521	1:56:36	532	1:55:46	410	M	120	M40	
619	GARRY	DAVIDSON	522	1:56:38	500	1:54:08	411	M	121	M40	
229	SHARON	GREEN	523	1:56:40	524	1:55:17	112	F	61	FSNR	ST BEES TRIERS
529	DAVID	LITTLE	524	1:56:41	545	1:56:15	412	M	122	M40	UNATTACHED
14	CHRISTOPHER	WINSPEAR	525	1:56:52	549	1:56:25	413	M	123	M40	

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1272	SIMON	BROOKS	526	1:56:56	483	1:53:27	414	M	124	M40	
1264	DAVID	HARRISON	527	1:56:58	522	1:55:14	415	M	125	M40	
98	JAMES	BERRY	528	1:57:02	517	1:54:55	416	M	237	MSNR	
883	PETER	DOUTHWAITE	529	1:57:04	508	1:54:32	417	M	238	MSNR	
643	PETER FRANCIS	LEECH	530	1:57:10	518	1:55:00	418	M	10	M60	BORDER HARRIERS
1208	SCOTT	TAYLOR	531	1:57:18	546	1:56:18	419	M	126	M40	
1269	NEIL	BOWE	532	1:57:20	540	1:56:05	420	M	239	MSNR	
1324	TONY	LOWERY	533	1:57:28	509	1:54:37	421	M	127	M40	EDEN RUNNERS
83	JAMIE	GREENWOOD	534	1:57:29	553	1:56:38	422	M	240	MSNR	UNATTACHED
627	FRANCES	LAMB	535	1:57:32	521	1:55:10	113	F	62	FSNR	UNATTACHED
758	SALLY	WALKER	536	1:57:33	519	1:55:00	114	F	63	FSNR	
557	GAVIN	GOODFELLOW	537	1:57:38	502	1:54:15	423	M	241	MSNR	UNATTACHED
556	DUNCAN	NAVEN	538	1:57:38	501	1:54:15	424	M	242	MSNR	
907	AMANDA	TULLY	539	1:57:44	531	1:55:36	115	F	40	F40	
696	MARTYN	GIBSON	540	1:57:50	570	1:57:27	425	M	243	MSNR	
1086	MICHAEL	CONNOR	541	1:57:53	505	1:54:28	426	M	244	MSNR	SPIDER TOE RACING
1334	RAYMOND	STEPHENSON	542	1:57:53	551	1:56:29	427	M	128	M40	
255	DAVID	WARD	543	1:57:59	562	1:57:06	428	M	129	M40	UNATTACHED
2005	CARLISLE	SEA CADETS TEAM	544	1:58:04	575	1:57:48		R	1	REL	
1311	MARTYN	RADCLIFFE	545	1:58:05	561	1:56:56	429	M	130	M40	
675	RICHARD	SMITH	546	1:58:05	536	1:55:54	430	M	131	M40	ANNAN & DISTRICT AC
893	SARAH	PECK	547	1:58:07	552	1:56:35	116	F	41	F40	ST BEES TRIERS
29	CLARE	HOUGHTON	548	1:58:11	550	1:56:28	117	F	42	F40	
918	PAUL	KIRK	549	1:58:15	538	1:55:58	431	M	245	MSNR	
192	JONATHAN	FORBES	550	1:58:15	564	1:57:10	432	M	246	MSNR	

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400	KEVIN	RICHARDSON	551	1:58:18	569	1:57:19	433	M	247	MSNR	
1193	CAROLINE	SMITH	552	1:58:20	537	1:55:57	118	F	64	FSNR	
965	LINDSAY	PATTINSON	553	1:58:25	554	1:56:39	434	M	46	M50	UNATTACHED
603	EDDIE	ROCKS	554	1:58:27	582	1:58:07	435	M	47	M50	
770	CLAIRE	PARK	555	1:58:37	558	1:56:50	119	F	65	FSNR	
1257	STEVE	JOHNSTON	556	1:58:39	590	1:58:31	436	M	132	M40	
925	JON	CARR	557	1:58:40	587	1:58:28	437	M	248	MSNR	
207	CRAIG	THOMSON	558	1:58:41	556	1:56:46	438	M	48	M50	ALLEN VALLEY STRYDERS
429	PAUL	GUY	559	1:58:43	571	1:57:35	439	M	249	MSNR	
133	IAN	BELL	560	1:58:45	585	1:58:22	440	M	250	MSNR	
464	SUE	FRANK	561	1:58:46	557	1:56:49	120	F	13	F50	
338	STUART	WILLIAMSON	562	1:58:47	577	1:57:59	441	M	251	MSNR	
1283	MICHAEL	DAVIDSON	563	1:58:47	525	1:55:17	442	M	252	MSNR	
841	JULIE	TIFFEN	564	1:58:51	586	1:58:23	121	F	43	F40	
769	SARAH	BOXALL	565	1:58:52	579	1:58:04	122	F	66	FSNR	
548	ROSIE	DIAS	566	1:58:59	541	1:56:05	123	F	67	FSNR	
1212	FLORA	BLACKBURN	567	1:59:03	563	1:57:06	124	F	68	FSNR	
1197	SARAH	MCDERMOTT	568	1:59:04	598	1:58:42	125	F	69	FSNR	
1129	SUZANNE	KERR	569	1:59:05	559	1:56:50	126	F	70	FSNR	
858	KEVIN	HOWLAND	570	1:59:08	547	1:56:21	443	M	133	M40	
616	MATTHEW	MCCULLOUGH	571	1:59:09	602	1:58:47	444	M	253	MSNR	
725	RUSSELL	BOWDEN	572	1:59:11	567	1:57:15	445	M	134	M40	
1263	MARTIN	PHILLIPS	573	1:59:14	535	1:55:50	446	M	135	M40	
1230	LEANNE	NORRIS	574	1:59:18	560	1:56:55	127	F	71	FSNR	CARLISLE TRI
1180	JOHN	CAIRNS	575	1:59:18	548	1:56:21	447	M	136	M40	

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20	RICHARD C	RIDLEY	576	1:59:20	568	1:57:15	448	M	254	MSNR	
597	KEDA	JOHNSTONE	577	1:59:22	565	1:57:13	128	F	44	F40	
951	ANTHONY	GRAY	578	1:59:22	607	1:59:11	449	M	255	MSNR	
658	LUCY	HOWARD	579	1:59:22	566	1:57:14	129	F	72	F5NR	
2009	CHARLIE	BAKER-WILLIAMS TE	580	1:59:24	588	1:58:29		R	2	REL	
1090	ADAM	COLLERTON	581	1:59:29	591	1:58:32	450	M	49	M50	
432	ANDREW	MCMANUS	582	1:59:30	542	1:56:06	451	M	256	MSNR	
506	SUSAN	WIGHT	583	1:59:31	595	1:58:36	130	F	73	F5NR	
143	CHRIS	FREER	584	1:59:34	593	1:58:34	452	M	137	M40	
1347	CHRIS	DIXON	585	1:59:39	581	1:58:06	453	M	257	MSNR	
226	EMMA	HENNESSY	586	1:59:41	600	1:58:45	131	F	74	F5NR	ST BEES TRIERS
1291	SHANE	LYNAS	587	1:59:42	608	1:59:16	454	M	258	MSNR	
680	CHRIS	LEES	588	1:59:45	574	1:57:43	455	M	259	MSNR	
1216	STEPHEN	HARBACK	589	1:59:47	603	1:58:54	456	M	50	M50	
743	ADAM	PATTISON	590	1:59:47	599	1:58:43	457	M	260	MSNR	
634	MATTHEW	BELL	591	1:59:51	573	1:57:41	458	M	261	MSNR	
1182	HALEY	MILLICAN	592	1:59:53	594	1:58:34	132	F	75	F5NR	
520	MARK	BARWISE	593	1:59:55	530	1:55:32	459	M	262	MSNR	
1028	LINDSAY	GRAHAM	594	1:59:55	572	1:57:40	460	M	263	MSNR	DH RUNNERS
1166	MARTIN	USHER	595	1:59:58	580	1:58:04	461	M	264	MSNR	
1089	DANIEL	COLLERTON	596	2:00:05	605	1:59:08	462	M	51	M50	
872	SOPHIE	MOSCROP	597	2:00:07	609	1:59:24	133	F	76	F5NR	
346	IAN	BEATTIE	598	2:00:09	584	1:58:20	463	M	52	M50	
640	ROBERT	ADAMS	599	2:00:15	592	1:58:33	464	M	138	M40	
944	RACHAEL ELIZABETH	THRULOW	600	2:00:18	555	1:56:44	134	F	77	F5NR	



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1214	STUART	NATRASS	601	2:00:24	610	1:59:28	465	M	265	MSNR	
1261	MICHAEL	WILSON	602	2:00:39	625	2:00:17	466	M	139	M40	
1116	DANNY	WILKINSON	603	2:00:45	620	2:00:10	467	M	266	MSNR	CARLISLE TRI CLUB
892	GREG	MCKENZIE	604	2:00:49	583	1:58:17	468	M	267	MSNR	
256	NIGEL	FOWLES	605	2:00:56	604	1:58:54	469	M	268	MSNR	
1018	ADAM	VAUGHAN	606	2:01:02	614	1:59:50	470	M	269	MSNR	
660	LOUISE	COULTATE	607	2:01:04	626	2:00:19	135	F	78	FSNR	BLYTH RUNNING CLUB
1023	HUGH	HAMMOND	608	2:01:05	589	1:58:30	471	M	270	MSNR	
785	RACHEL	LONGLEY	609	2:01:07	601	1:58:46	136	F	79	FSNR	
433	KEITH	WEBSTER	610	2:01:10	597	1:58:39	472	M	140	M40	
976	SEBASTIAN	BUSZKO	611	2:01:17	630	2:00:42	473	M	141	M40	
401	CHRISTOPHER	HODGSON	612	2:01:20	629	2:00:30	474	M	271	MSNR	
1192	TRACEY	OWEN	613	2:01:24	619	2:00:09	137	F	80	FSNR	CUMBERLAND AC
452	JACKIE	ASPDEN	614	2:01:27	606	1:59:08	138	F	45	F40	
313	STUART	CAREY	615	2:01:28	576	1:57:50	475	M	272	MSNR	
1163	LYNN	CLEMMITT	616	2:01:34	637	2:01:06	139	F	46	F40	CARLISLE TRI CLUB
552	CHRISTINE	CLUBBS	617	2:01:38	633	2:00:57	140	F	47	F40	WETHERBY RUNNERS AC
139	JENNIFER	ALLAN-RELPH	618	2:01:44	615	1:59:53	141	F	81	FSNR	
451	KENNETH	SHAW	619	2:01:45	578	1:58:01	476	M	273	MSNR	UNATTACHED
677	KRIS	HOWE	620	2:01:54	644	2:01:42	477	M	274	MSNR	
1319	ANDRENE	HAYTON	621	2:01:55	612	1:59:33	142	F	82	FSNR	
2004	I CAAN	TEAM 1	622	2:01:57	596	1:58:38		R	3	REL	
309	HELEN	GROSE	623	2:02:14	622	2:00:13	143	F	83	FSNR	
160	TRACEY	TELFER	624	2:02:24	616	1:59:53	144	F	48	F40	
1354	STEVEN	BUTTERWORTH	625	2:02:25	613	1:59:39	478	M	142	M40	

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163	TRACY	CONNOR	626	2:02:25	618	1:59:54	145	F	84	FSNR	
1209	DAVID	NEILL	627	2:02:27	611	1:59:32	479	M	143	M40	
299	FIONA	JARDINE	628	2:02:40	624	2:00:16	146	F	49	F40	DUMFRIES RUNNING CLUB
51	DAVID	COPELAND	629	2:02:43	617	1:59:53	480	M	144	M40	UNATTACHED
1158	KELLIE	BRADBURN-SIMS	630	2:02:44	635	2:01:01	147	F	50	F40	HOWGILL HARRIERS
1095	JODI	HALL	631	2:02:46	656	2:02:32	148	F	85	FSNR	
1094	LYNSEY	SMITH	632	2:02:46	655	2:02:32	149	F	86	FSNR	
800	ANTHONY	WINTLE	633	2:02:50	652	2:02:27	481	M	275	MSNR	
972	KATHERINE	BELL	634	2:03:01	632	2:00:46	150	F	87	FSNR	
178	NICOLE	KENDALL	635	2:03:07	653	2:02:27	151	F	88	FSNR	
798	PETER	IVINSON	636	2:03:11	666	2:03:07	482	M	145	M40	
1079	ROB	STREIT	637	2:03:14	661	2:02:54	483	M	146	M40	
1007	PAUL	THOMPSON	638	2:03:19	643	2:01:41	484	M	53	M50	
701	HELEN	KEYTE	639	2:03:22	650	2:02:20	152	F	1	F60	
953	EMMA	CARR	640	2:03:25	638	2:01:07	153	F	89	FSNR	
1290	DEBORAH	TURNER	641	2:03:25	634	2:00:59	154	F	51	F40	
982	GRAHAM	KIRKPATRICK	642	2:03:31	651	2:02:26	485	M	276	MSNR	
1036	KEVIN	YOUNG	643	2:03:33	645	2:01:44	486	M	277	MSNR	
1037	RACHEL	YOUNG	644	2:03:33	646	2:01:44	155	F	90	FSNR	
154	MARJORIE	WATSON	645	2:03:33	648	2:02:15	156	F	52	F40	
159	ANNA	BIRSCHER	646	2:03:33	649	2:02:16	157	F	53	F40	
42	DAVID	SMITH	647	2:03:37	621	2:00:10	487	M	278	MSNR	
697	MARK	SMITH	648	2:03:42	627	2:00:27	488	M	147	M40	
242	AMELIA	MOORE	649	2:03:44	641	2:01:38	158	F	91	FSNR	
185	DAVID LEE	WILKINSON	650	2:03:51	623	2:00:13	489	M	279	MSNR	

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874	AMY	PINGUEY	651	2:03:52	640	2:01:16	159	F	54	F40	
1085	DAVID	BAILEY	652	2:03:52	628	2:00:27	490	M	280	MSNR	SPIDER TOE RACING
48	EMMA	WALKER	653	2:03:53	671	2:03:13	160	F	92	FSNR	DERWENT AC
61	PETER	WALKER	654	2:03:53	670	2:03:13	491	M	148	M40	DERWENT AC
1164	MARIA	RENUCCI	655	2:03:59	674	2:03:31	161	F	55	F40	
778	CHRIS	MILLAR	656	2:04:01	636	2:01:03	492	M	281	MSNR	LOW FELL
584	JOANNE	SEDGWICK	657	2:04:13	647	2:01:59	162	F	93	FSNR	HOWGILL HARRIERS
728	ANGELA	WATSON	658	2:04:16	680	2:03:42	163	F	94	FSNR	EDEN RUNNERS
1102	ROSE	TODHUNTER	659	2:04:17	660	2:02:53	164	F	14	F50	ALLEN VALLEY STRIDERS
1091	PIERS	TUPMAN	660	2:04:23	631	2:00:43	493	M	149	M40	
1050	ABIGAIL	BELL	661	2:04:24	679	2:03:37	165	F	95	FSNR	
1278	ANDY	LEESON	662	2:04:25	662	2:02:57	494	M	150	M40	SCUNTHORPE + DISTRICT
17	RACHEL	BLAIR	663	2:04:27	682	2:03:48	166	F	96	FSNR	
555	CHLOE	IRVINE	664	2:04:27	642	2:01:38	167	F	97	FSNR	
664	SEAN	COFFEY	665	2:04:30	687	2:04:05	495	M	151	M40	
744	JUDITH	MOORE	666	2:04:36	667	2:03:08	168	F	56	F40	
1231	LOUISE	RICHARDSON	667	2:04:41	689	2:04:11	169	F	57	F40	
824	ALAN	FISHER	668	2:04:46	696	2:04:26	496	M	152	M40	
969	RICHARD	DOWNHAM	669	2:04:57	657	2:02:47	497	M	54	M50	
884	ANTHONY	NAISBITT	670	2:04:59	673	2:03:26	498	M	55	M50	
812	STEPHEN	LEWIS	671	2:05:06	639	2:01:13	499	M	153	M40	
719	TRACEY	HARRIS-WILLIAMS	672	2:05:10	690	2:04:15	170	F	58	F40	
875	VANESSA	WALLACE	673	2:05:10	700	2:04:35	171	F	98	FSNR	
645	HEATHER	BURRIDGE	674	2:05:11	702	2:04:40	172	F	59	F40	
172	AUDREY	TURNBULL	675	2:05:22	677	2:03:32	173	F	99	FSNR	EDEN RUNNERS

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1356	TOYAH	WOODMAN	676	2:05:26	668	2:03:12	174	F	100	FSNR	
11	HAILEY	FLETCHER	677	2:05:36	663	2:02:57	175	F	101	FSNR	
1077	SUE	WATSON	678	2:05:39	684	2:03:59	176	F	102	FSNR	
979	GARY	ROUTLEDGE	679	2:05:46	710	2:05:22	500	M	154	M40	
545	HEIDI	MARSHALL	680	2:05:49	701	2:04:38	177	F	103	FSNR	
152	EMMA	GILL	681	2:05:50	654	2:02:29	178	F	60	F40	
1148	ROBERT	MCNULTY	682	2:05:50	705	2:05:04	501	M	282	MSNR	
1177	DAVE	GRAHAM	683	2:05:53	706	2:05:04	502	M	283	MSNR	JACUZZI RUNNING CLUB
1178	KARN	MITCHELL	684	2:05:59	703	2:04:43	179	F	104	FSNR	CUMBERLAND AC
866	GARY	HEWER	685	2:06:04	681	2:03:44	503	M	155	M40	
707	CAMERON	AUSTIN-FELL	686	2:06:06	659	2:02:51	504	M	284	MSNR	
933	KIRSTY	ASH	687	2:06:07	715	2:05:39	180	F	61	F40	
846	DARREN	PATTINSON	688	2:06:08	691	2:04:21	505	M	285	MSNR	
686	JONNY	WATSON	689	2:06:08	664	2:03:06	506	M	286	MSNR	
352	THOMAS	BELL	690	2:06:08	672	2:03:17	507	M	56	M50	
1358	DAVID	MACGILWRAY	691	2:06:08	683	2:03:56	508	M	57	M50	
383	PHIL	REYNOLDS	692	2:06:11	704	2:04:55	509	M	156	M40	
932	CLAIRE	TURNBULL	693	2:06:20	692	2:04:24	181	F	62	F40	
819	CHRIS	WILKINS	694	2:06:30	665	2:03:06	510	M	157	M40	
1296	PAUL	ARMSTRONG	695	2:06:31	712	2:05:24	511	M	287	MSNR	
1029	ELIZABETH	RUSHTON	696	2:06:35	658	2:02:49	182	F	105	FSNR	
567	ROMAN	BULLOCK	697	2:06:37	717	2:05:47	512	M	288	MSNR	
99	NICOLA	IRVING	698	2:06:39	697	2:04:32	183	F	106	FSNR	
916	DARREN	HENDREN	699	2:06:40	688	2:04:07	513	M	289	MSNR	
1287	DAVID	ROBERT	700	2:06:43	669	2:03:12	514	M	158	M40	

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1337	CARL	GRAHAM	701	2:06:44	686	2:04:03	515	M	1	M70	HELM HILL
289	KATHRYN	CLOUGH	702	2:06:49	721	2:06:05	184	F	63	F40	
491	LESLIE	FLETCHER	703	2:06:51	675	2:03:31	516	M	58	M50	
1009	NICOLA	FELL	704	2:06:52	720	2:06:04	185	F	107	FSNR	
542	ANDREA	FELL	705	2:06:53	716	2:05:40	186	F	64	F40	CUMBERLAND AC
33	CHARLES	LAMONT	706	2:06:56	723	2:06:22	517	M	159	M40	
1073	HELEN	HARKINS	707	2:06:58	709	2:05:11	187	F	65	F40	
193	CAROLE	STEEL	708	2:06:59	685	2:03:59	188	F	15	F50	
943	PENNY	INGLEDEW	709	2:07:08	678	2:03:34	189	F	108	FSNR	
966	JANE	CHARTERIES	710	2:07:11	735	2:06:55	190	F	66	F40	
967	PAT	FLEMING	711	2:07:12	736	2:06:55	191	F	109	FSNR	
419	MIKE	MINNS	712	2:07:14	676	2:03:31	518	M	290	MSNR	
1293	AIDAN	MCCUBBING	713	2:07:20	731	2:06:47	519	M	291	MSNR	
1292	STEVEN	MCCUBBING	714	2:07:20	730	2:06:47	520	M	160	M40	
3	CRAIG	READ	715	2:07:25	698	2:04:34	521	M	292	MSNR	
1232	SANDRA	DAVIDSON	716	2:07:33	738	2:07:05	192	F	67	F40	CARLISLE TRI
687	SARAH	CATON	717	2:07:38	693	2:04:24	193	F	110	FSNR	CUMBERLAND AC
999	LINDSAY	TODD	718	2:07:38	694	2:04:24	194	F	111	FSNR	
1259	JANINE	OMAHONY	719	2:07:39	711	2:05:23	195	F	112	FSNR	
1064	ROBIN	KITZINGER	720	2:07:40	695	2:04:25	522	M	161	M40	
441	JACKIE	MCCULLOCH	721	2:07:43	707	2:05:05	196	F	68	F40	KILMARNOCK HARRIERS
682	SADIE	WOOD	722	2:07:43	719	2:05:56	197	F	113	FSNR	
1139	DEAN	LIGHTFOOT	723	2:07:44	718	2:05:50	523	M	162	M40	
1054	DONNA	MELLING	724	2:07:47	699	2:04:34	198	F	114	FSNR	
156	STEPH	BRENAN	725	2:07:47	724	2:06:23	199	F	69	F40	ST BEES TRIERS

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157	MIKE	BRENAN	726	2:07:47	725	2:06:23	524	M	163	M40	
1087	CHRIS	VYVYAN-ROBINSON	727	2:07:54	729	2:06:33	525	M	293	MSNR	
1096	PAUL	BUTTON	728	2:08:20	714	2:05:30	526	M	59	M50	
1033	IAN	HARWOOD	729	2:08:21	739	2:07:06	527	M	164	M40	
659	MIKE	KEATING	730	2:08:34	708	2:05:09	528	M	165	M40	
390	NEIL	BROCKBANK	731	2:08:34	713	2:05:26	529	M	294	MSNR	
1342	MARI	HOLLIDAY	732	2:08:43	751	2:07:54	200	F	115	FSNR	
652	CHARLES	KERSWELL	733	2:08:50	722	2:06:08	530	M	295	MSNR	
533	BRYONY	NICHOLLS	734	2:08:57	747	2:07:44	201	F	116	FSNR	
764	ANDREW	ROTTON	735	2:08:58	732	2:06:49	531	M	60	M50	
834	ALLAN	BUCKLEY	736	2:09:03	760	2:08:42	532	M	2	M70	
217	MICHELLE	ARMSTRONG	737	2:09:07	726	2:06:23	202	F	70	F40	NORTH SHIELDS POLY
963	ANDREW	GOODWILL	738	2:09:09	740	2:07:34	533	M	296	MSNR	
651	RICHARD	HEWITSON	739	2:09:11	743	2:07:36	534	M	297	MSNR	UNATTACHED
1213	NUALA	MCGEE	740	2:09:15	762	2:08:45	203	F	117	FSNR	
189	SAMANTHA	JACKMAN	741	2:09:18	752	2:07:56	204	F	71	F40	
62	SOPHIE	MARSHALL	742	2:09:18	745	2:07:38	205	F	118	FSNR	CARLISLE TRI
1247	KAREN	WINTER	743	2:09:18	748	2:07:46	206	F	16	F50	
1032	LYNN-MARIE	WELCH	744	2:09:19	754	2:08:04	207	F	72	F40	
214	ALEXANDRA	SHARP	745	2:09:23	737	2:07:02	208	F	119	FSNR	
945	REBECCA	MCKEE	746	2:09:26	758	2:08:37	209	F	120	FSNR	SANDS RUNNERS
709	GLEN	CARRUTHERS	747	2:09:33	733	2:06:49	535	M	61	M50	
463	GRAHAM	DENNEY	748	2:09:35	756	2:08:30	536	M	166	M40	
790	RYAN	WHELPDALE	749	2:09:39	742	2:07:34	537	M	298	MSNR	
786	JERMAINE	WILLAN	750	2:09:39	741	2:07:34	210	F	73	F40	WEST HULL LADIES

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973	CAROL	IRVING	751	2:09:42	768	2:09:13	211	F	121	FSNR	
1053	MARK	DEWHURST	752	2:09:51	773	2:09:46	538	M	299	MSNR	
1015	TRACY	BREEDEN	753	2:09:58	770	2:09:35	212	F	74	F40	
1167	SUE	CLASPER	754	2:09:58	771	2:09:35	213	F	75	F40	
751	VICKI	BOYD	755	2:09:59	746	2:07:39	214	F	76	F40	EDEN RUNNERS
1082	SARAH	GRUNDY	756	2:10:01	727	2:06:23	215	F	77	F40	
740	ALLAN	HOWARD	757	2:10:05	728	2:06:28	539	M	62	M50	RED ROSE ROAD RUNNERS
184	WENDY	FORSTER	758	2:10:06	734	2:06:54	216	F	78	F40	
44	TREVOR	MARTIN	759	2:10:13	755	2:08:08	540	M	167	M40	
765	STEPHEN	BARNARD	760	2:10:16	750	2:07:51	541	M	168	M40	
1088	MARGARET	WALKE	761	2:10:16	764	2:08:53	217	F	17	F50	ALLEN VALLEY STRIDERS
1176	MR	ROB	762	2:10:41	782	2:10:14	542	M	63	M50	UNATTACHED
1039	REBECCA	REYNOLDS	763	2:10:43	765	2:08:57	218	F	122	FSNR	
1146	SUSAN	HOLLIDAY	764	2:10:43	774	2:09:49	219	F	79	F40	
24	MEL	WARWICK	765	2:10:49	776	2:09:54	220	F	123	FSNR	SANDS CENTRE RUNNING CLUB
1107	LINN IREN	FLEBU	766	2:10:50	744	2:07:36	221	F	124	FSNR	
1191	SUZY	DORAN	767	2:10:51	785	2:10:30	222	F	125	FSNR	
387	ANTHONY	MCMINN	768	2:10:52	753	2:07:57	543	M	169	M40	
1113	SIGITA	RAGAZINSKAITE	769	2:11:03	788	2:10:39	223	F	126	FSNR	
594	ELEANOR	SUTTON	770	2:11:11	763	2:08:46	224	F	127	FSNR	
436	HELEN	EDWARDS	771	2:11:14	775	2:09:51	225	F	18	F50	ALLEN VALLEY STRIDERS
1252	JODIE	FOSTER	772	2:11:18	749	2:07:47	226	F	128	FSNR	
577	JANET	FLINTOFT	773	2:11:19	757	2:08:32	227	F	129	FSNR	
475	RICHARD	KERSWELL	774	2:11:21	759	2:08:39	544	M	300	MSNR	
253	KIRSTIE	SOMERVILLE	775	2:11:23	772	2:09:40	228	F	130	FSNR	

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1042	BENJAMIN	PAXON	776	2:11:24	780	2:10:07	545	M	301	MSNR	
587	NICOLA	GORRILL	777	2:11:26	761	2:08:44	229	F	131	FSNR	
287	GILLIAN	DEVEREUX	778	2:11:45	779	2:10:06	230	F	132	FSNR	
692	GEORGINA	FARRER	779	2:11:50	777	2:09:56	231	F	133	FSNR	
88	DANIEL	HUGHES	780	2:11:56	791	2:11:11	546	M	302	MSNR	UNATTACHED
521	CLAIRE	EASTON	781	2:12:08	787	2:10:32	232	F	80	F40	UNATTACHED
112	GARY	TOMLINSON	782	2:12:21	766	2:09:01	547	M	170	M40	
492	MARJORIE	HELME	783	2:12:22	778	2:10:05	233	F	2	F60	
880	PETRINA	SIDEBOTTOM	784	2:12:35	769	2:09:25	234	F	134	FSNR	
409	BEN	TICKLE	785	2:12:41	789	2:10:58	548	M	303	MSNR	
428	JADE	HODGSON	786	2:12:44	767	2:09:12	235	F	135	FSNR	
208	SARAH	WARING	787	2:12:46	800	2:12:02	236	F	81	F40	
763	OLIVER	LURZ	788	2:12:50	790	2:10:58	549	M	304	MSNR	
580	JULIE	DOCHERTY	789	2:12:51	781	2:10:13	237	F	136	FSNR	MOONEY MOTIVATORS
1010	HELEN	FELL	790	2:13:08	804	2:12:20	238	F	137	FSNR	
327	RYAN	SCOTTER	791	2:13:11	783	2:10:28	550	M	305	MSNR	
340	BEN	BRINICOMBE	792	2:13:11	784	2:10:29	551	M	306	MSNR	
425	MALCOLM	PIGG	793	2:13:15	795	2:11:30	552	M	307	MSNR	
1367	LINZI	DONALD	794	2:13:16	794	2:11:29	239	F	138	FSNR	
223	SUSAN	DENHAM-SMSITH	795	2:13:21	801	2:12:02	240	F	82	F40	CUMBERLAND AC
1078	HELEN	SLEE	796	2:13:23	786	2:10:31	241	F	19	F50	
890	BILL	KIRKPATRICK	797	2:13:24	805	2:12:22	553	M	3	M70	
1080	MARIE	JACKSON	798	2:13:27	817	2:13:20	554	M	308	MSNR	
898	ABBEY	FOY	799	2:13:31	798	2:12:00	242	F	139	FSNR	
917	JOHN	HENDREN	800	2:14:02	796	2:11:31	555	M	171	M40	



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1224	DAVID	HABRIS	801	2:14:07	826	2:13:54	556	M	309	MSNR	
1149	PHIL	BUXTON	802	2:14:16	792	2:11:20	557	M	310	MSNR	
1150	DAVE	ROGERS	803	2:14:16	793	2:11:21	558	M	64	M50	
511	HANNAH	MUIRHEAD	804	2:14:18	806	2:12:25	243	F	140	FSNR	
927	LEO	PONTON	805	2:14:52	812	2:12:52	559	M	65	M50	
723	TERENCE	HARMSE	806	2:14:58	816	2:13:18	560	M	311	MSNR	CARLISLE TRI
332	CLAIRE	BORRADAILE	807	2:14:59	803	2:12:19	244	F	141	FSNR	
225	CAROLYN	HELLIWELL	808	2:14:59	802	2:12:19	245	F	142	FSNR	
676	YVONNE	BEATHAM	809	2:15:10	814	2:12:56	246	F	83	F40	
148	LINDSAY	BROWN	810	2:15:16	797	2:11:50	247	F	143	FSNR	
1171	ANDREW	COLEMAN	811	2:15:20	807	2:12:26	561	M	312	MSNR	
1172	ALAN	HOWLETT	812	2:15:21	808	2:12:26	562	M	172	M40	
630	ANGIE	MILLER	813	2:15:23	815	2:13:03	248	F	20	F50	
1144	GILIAN	FINLINSON	814	2:15:24	810	2:12:49	249	F	144	FSNR	
1143	HELEN	STARKEY	815	2:15:24	811	2:12:50	250	F	84	F40	
2006	EDEN VALLEY HOSPICE	RELAY TEAM	816	2:15:30	820	2:13:37		R	4	REL	
957	PATRICK	HALL	817	2:15:33	809	2:12:36	563	M	313	MSNR	
1132	EMILY	ALSTON	818	2:15:35	799	2:12:00	251	F	145	FSNR	
328	YANN	DOLEYRES	819	2:15:41	819	2:13:36	564	M	314	MSNR	
435	CATRIONA	KINGHAN	820	2:15:44	824	2:13:51	252	F	146	FSNR	
631	RACHEL	STEVENSON	821	2:15:45	825	2:13:51	253	F	147	FSNR	
79	EMMA	FORRESTER	822	2:15:56	830	2:14:09	254	F	148	FSNR	
968	GILLIAN	MACKAY	823	2:16:03	843	2:15:06	255	F	149	FSNR	ST BEES TRIERS
402	LAYLA	HORKY	824	2:16:05	847	2:15:16	256	F	150	FSNR	UNATTACHED
989	BEA	TOBOLEWSKA	825	2:16:07	832	2:14:12	257	F	85	F40	

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77	VICKY	KENDALL	826	2:16:08	833	2:14:19	258	F	151	FSNR	
1038	JANE	RATCLIFFE	827	2:16:09	827	2:14:01	259	F	86	F40	
1071	JULIE	SMITH	828	2:16:13	841	2:14:52	260	F	87	F40	
1062	JULIE	EGGLESTONE	829	2:16:13	842	2:14:53	261	F	88	F40	
410	IAN	ANDERSON	830	2:16:13	854	2:15:49	565	M	66	M50	
632	RUTH	BAKER	831	2:16:13	838	2:14:45	262	F	152	FSNR	
633	DARREN	HALL	832	2:16:14	818	2:13:31	566	M	315	MSNR	
1014	SHAHRIN	NOH	833	2:16:16	821	2:13:37	567	M	316	MSNR	
408	LEANNE	DONALD	834	2:16:18	836	2:14:33	263	F	153	FSNR	
1076	RORY	PALLISTER	835	2:16:20	828	2:14:07	568	M	317	MSNR	
209	GEOFF	RENYARD	836	2:16:24	849	2:15:25	569	M	67	M50	
336	BRIAN	DOWNIE	837	2:16:27	822	2:13:39	570	M	318	MSNR	
1165	MICHELLE	HAMMOND	838	2:16:28	852	2:15:30	264	F	89	F40	
1002	SONIA	HAMILTON	839	2:16:28	851	2:15:30	265	F	90	F40	
196	ANDREA	YOUNG	840	2:16:28	850	2:15:30	266	F	91	F40	
1093	DANIEL	QUIRKE	841	2:16:33	813	2:12:54	571	M	319	MSNR	
446	IAN	LOGAN	842	2:16:55	835	2:14:23	572	M	68	M50	KILMARNOCK HARRIERS
822	STEVE	CAMPBELL	843	2:17:01	831	2:14:10	573	M	69	M50	
473	KERRYANNE	WAITE	844	2:17:04	861	2:16:11	267	F	154	FSNR	
480	LESLEY	CULLEN	845	2:17:04	862	2:16:11	268	F	92	F40	
4	KELLY	GULLEN	846	2:17:06	853	2:15:40	269	F	93	F40	
1228	SAM	NORMAN	847	2:17:10	870	2:16:57	574	M	320	MSNR	
175	CLAIRE	REED	848	2:17:18	858	2:15:55	270	F	94	F40	
165	DIANA	MORGAN	849	2:17:22	859	2:16:04	271	F	95	F40	UNATTACHED
164	KATE	GLENCROSS	850	2:17:22	864	2:16:46	272	F	155	FSNR	

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605	LOUISA	LEVOI	851	2:17:30	857	2:15:52	273	F	96	F40	
599	JENNIFER	O'BRIEN	852	2:17:38	823	2:13:43	274	F	156	FSNR	UNATTACHED
901	GARY	HUNTER	853	2:17:39	846	2:15:13	575	M	321	MSNR	
1226	ALLAN	CROSBY	854	2:17:51	880	2:17:39	576	M	322	MSNR	
738	LEE	THOMSON	855	2:17:55	834	2:14:20	577	M	323	MSNR	
203	MARK	EVANS	856	2:17:57	829	2:14:07	578	M	324	MSNR	
679	FRANCOIS	CARTANT	857	2:17:59	871	2:16:59	579	M	325	MSNR	
424	KERRY	HARDEN	858	2:17:59	845	2:15:09	275	F	157	FSNR	
315	JULIE	WOODING	859	2:18:00	844	2:15:06	276	F	97	F40	
678	JOANNE	GOLDIE	860	2:18:00	872	2:17:00	277	F	158	FSNR	
693	CHRISTINE	HITCHINS	861	2:18:02	837	2:14:33	278	F	159	FSNR	
1328	JOHN	CHILTON	862	2:18:09	874	2:17:05	580	M	173	M40	
992	LINDSAY	PHILLIPS	863	2:18:10	875	2:17:06	581	M	174	M40	
132	KAREN	FINLINSON	864	2:18:13	866	2:16:51	279	F	98	F40	
747	CANDICE	REEVES	865	2:18:23	839	2:14:51	280	F	160	FSNR	
755	JULIET	GIECCO	866	2:18:23	840	2:14:51	281	F	161	FSNR	
128	CHLOE	ROBINSON	867	2:18:30	879	2:17:31	282	F	162	FSNR	
2001	GILLIE YOUNG	TEAM	868	2:18:35	860	2:16:10		R	5	REL	
628	RUTH	FORSTER	869	2:18:45	867	2:16:51	283	F	163	FSNR	
612	CLAIRE	HAUGHAN	870	2:18:49	876	2:17:08	284	F	164	FSNR	
509	MICHEALS	ROBSON	871	2:18:53	848	2:15:23	582	M	175	M40	
397	SARAH	DODD	872	2:18:59	885	2:18:06	285	F	165	FSNR	UNATTACHED
398	FIONA	MURRAY	873	2:19:00	886	2:18:07	286	F	166	FSNR	UNATTACHED
1352	DEBORAH	REDMOND	874	2:19:06	865	2:16:47	287	F	21	F50	CUMBERLAND AC
2002	KESWICK HOCKEY	TEAM 1	875	2:19:09	855	2:15:49		R	6	REL	

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2003	KESWICK HOCKEY	TEAM 2	876	2:19:10	856	2:15:49		R	7	REL	
1016	AMANDA	KIRTLEY	877	2:19:12	891	2:18:42	288	F	99	F40	CARLISLE TRI
934	KAREN	CAVANAGH	878	2:19:28	887	2:18:07	289	F	100	F40	CUMBERLAND AC
373	JAMES	DAVIS	879	2:19:31	869	2:16:55	583	M	326	MSNR	
654	ANDREW	COPE	880	2:19:34	896	2:19:25	584	M	176	M40	
2007	I CAAN	TEAM 2	881	2:19:35	863	2:16:11		R	8	REL	
655	JOHN	GRACE	882	2:19:35	897	2:19:25	585	M	327	MSNR	
733	STEVEN	STORY	883	2:19:47	868	2:16:54	586	M	177	M40	
735	ALLISON	RANKIN	884	2:19:56	881	2:17:41	290	F	22	F50	
168	LIZ	POLKEY	885	2:19:56	882	2:17:42	291	F	101	F40	
962	LAURENCE	LUCKHAM	886	2:19:59	883	2:17:50	292	F	102	F40	
1034	ANDREW	ROGERS	887	2:20:00	892	2:18:49	587	M	178	M40	
838	GEORGE	LITTLE	888	2:20:02	873	2:17:03	588	M	70	M50	
607	MIKE	ATKINSON	889	2:20:14	900	2:20:07	589	M	71	M50	
839	PETER	MARSHALL	890	2:20:34	893	2:19:16	590	M	179	M40	
988	JENNI	BARROWCLOUGH	891	2:20:43	888	2:18:15	293	F	167	FSNR	
715	EAMONN PATRICK	GALLAGHER	892	2:20:43	884	2:17:54	591	M	180	M40	
814	MARK	WALTON	893	2:20:46	878	2:17:19	592	M	72	M50	
815	HAZEL	KENNEDY	894	2:20:46	877	2:17:19	294	F	23	F50	
1121	DANIEL	BENNETT	895	2:20:53	889	2:18:17	593	M	328	MSNR	
116	JO	HUTCHINSON	896	2:21:06	904	2:20:19	295	F	3	F60	CARLISLE TRI CLUB
530	CAROLE	BURNIE	897	2:21:14	899	2:19:53	296	F	24	F50	CUMBERLAND AC
358	HELEN	BAINBRIDGE	898	2:21:18	890	2:18:39	297	F	168	FSNR	
1133	KATH	SAUNDERS	899	2:21:55	909	2:21:08	298	F	25	F50	
1201	JADE	CONCANNON	900	2:22:14	907	2:20:53	299	F	169	FSNR	

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1288	FIONA	WHARTON	901	2:22:25	901	2:20:10	300	F	170	FSNR	
671	CAROL	HARVEY	902	2:22:28	895	2:19:19	301	F	26	F50	WIGTON ROAD RUNNERS
1234	MARTIN	WANNOP	903	2:22:32	894	2:19:16	594	M	181	M40	
55	JANE	OAKLEY	904	2:22:44	908	2:21:01	302	F	103	F40	HOWGILL HARRIERS
1126	EMMA	DODD	905	2:22:53	902	2:20:11	303	F	171	FSNR	
1125	SARAH	SPIRES	906	2:22:53	903	2:20:12	304	F	172	FSNR	
1046	MARTIN	BURNS	907	2:23:00	910	2:21:19	595	M	73	M50	
155	DEBBIE-ANN	HARWOOD	908	2:23:09	912	2:21:48	305	F	104	F40	
912	TRISTAN	REID	909	2:23:29	898	2:19:35	596	M	329	MSNR	
746	DUNCAN	EWART	910	2:23:53	921	2:22:42	597	M	182	M40	
784	ZOE	BLACKWELL	911	2:23:54	905	2:20:40	306	F	173	FSNR	
110	DENENE	KERR	912	2:23:55	906	2:20:41	307	F	174	FSNR	
1031	SARAH	FAIRLAMB	913	2:23:59	915	2:22:19	308	F	105	F40	
215	LOUISE	SOONES	914	2:24:13	917	2:22:25	309	F	175	FSNR	
331	ALEXANDRA	ROBINSON	915	2:24:39	914	2:22:01	310	F	106	F40	
266	STEVEN	DIXON	916	2:24:43	936	2:24:15	598	M	183	M40	
82	CHELSEY	GREENWOOD	917	2:24:47	933	2:23:56	311	F	176	FSNR	
670	IAN	HARVEY	918	2:25:06	913	2:21:57	599	M	74	M50	WIGTON ROAD RUNNERS
1103	SHARRON	CATON	919	2:25:14	911	2:21:36	312	F	177	FSNR	
788	ROBERT	HOPE	920	2:25:17	920	2:22:34	600	M	11	M60	
611	SIMON	WILLIAMS	921	2:25:26	918	2:22:26	601	M	184	M40	
1355	GARY	MCKEE	922	2:25:35	922	2:22:50	602	M	185	M40	
318	SUSAN	SCOTT	923	2:25:53	919	2:22:26	313	F	27	F50	
1253	SUSAN	MITTON	924	2:25:54	928	2:23:28	314	F	107	F40	
923	DAWN	SLATER	925	2:26:02	916	2:22:24	315	F	28	F50	

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1097	EMMA	POMFRET	926	2:26:18	923	2:23:06	316	F	178	FSNR	SHEEPMOUNT RC
1346	NICHOLAS	HUDE	927	2:26:26	926	2:23:27	603	M	186	M40	
1345	JIM	ROONEY	928	2:26:26	927	2:23:27	604	M	187	M40	
286	HEATHER	SWAINSON	929	2:26:34	941	2:24:34	317	F	179	FSNR	
768	LAURA	CAIRNS	930	2:26:45	953	2:26:20	318	F	180	FSNR	
887	ANDREW	BAILEY	931	2:26:46	948	2:25:55	605	M	188	M40	
1081	ANDREW	YOUNG	932	2:26:48	924	2:23:20	606	M	330	MSNR	
179	CLAIRE	PURDHAM	933	2:26:50	930	2:23:34	319	F	181	FSNR	
147	GILL	DIXON	934	2:26:50	929	2:23:34	320	F	182	FSNR	
52	ANDREW	BRADSHAW	935	2:27:11	925	2:23:21	607	M	331	MSNR	
321	SAMANTHA	CORRIE	936	2:27:20	931	2:23:49	321	F	108	F40	
341	ELAINE	SLATER	937	2:27:24	934	2:23:58	322	F	109	F40	
317	DEBBIE	FERGUSON	938	2:27:24	935	2:23:59	323	F	110	F40	
716	DANIEL	MCCLENAHAN	939	2:27:26	938	2:24:29	608	M	332	MSNR	
718	ROBERT	LITTLE	940	2:27:26	939	2:24:30	609	M	333	MSNR	
717	PHILIP	BOLTON	941	2:27:27	940	2:24:30	610	M	334	MSNR	
1221	MARTYN	KEY	942	2:27:34	962	2:27:08	611	M	189	M40	
2	DOROTHY	THOMPSON	943	2:27:36	951	2:26:10	324	F	29	F50	
1368	JEN	GLENDINNING	944	2:27:38	932	2:23:55	325	F	111	F40	
2008	I CANN	TEAM 3	945	2:27:40	937	2:24:16		R	9	REL	
485	CHRIS	BUCK	946	2:27:55	968	2:27:41	612	M	335	MSNR	
218	ALISON	GOULD	947	2:27:56	945	2:25:12	326	F	183	FSNR	
836	SUE	HUNTER	948	2:28:02	952	2:26:12	327	F	184	FSNR	
5	GEORGE	SHADWICK	949	2:28:08	960	2:26:41	613	M	12	M60	
476	SIOBHAN	CARROLL	950	2:28:10	942	2:24:39	328	F	185	FSNR	

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502	ROSIE	MCDAIRMANT	951	2:28:20	947	2:25:40	329	F	186	FSNR	
609	DIANE	AITCHISON	952	2:28:28	943	2:24:58	330	F	187	FSNR	
610	LOUISE	MCMILLAN	953	2:28:28	944	2:24:58	331	F	188	FSNR	
748	MAGGIE	PAGAN	954	2:28:29	958	2:26:37	332	F	112	F40	UNATTACHED
742	THOMAS	FORTUNE	955	2:28:32	955	2:26:35	614	M	13	M60	
447	JUDY	REYNOLDS	956	2:28:33	946	2:25:17	333	F	30	F50	BODYFIT PERSONAL TRAINING COCK
1142	SARAH	SPROAT	957	2:28:33	956	2:26:35	334	F	189	FSNR	
1246	PHILIP	PRATT	958	2:28:40	957	2:26:36	615	M	190	M40	
1072	GRAHAM	SMITH	959	2:28:51	959	2:26:40	616	M	191	M40	
1070	DAVID	PRING	960	2:29:02	964	2:27:18	617	M	336	MSNR	
303	SYLVIA	ATKINSON	961	2:29:07	961	2:26:46	335	F	113	F40	
684	MELISSA	ANDREWS	962	2:29:11	972	2:28:51	336	F	190	FSNR	
73	KATE	MOFFAT	963	2:29:14	965	2:27:21	337	F	191	FSNR	
461	BRIAN	MULLEN	964	2:29:17	974	2:29:10	618	M	192	M40	
1179	JOHN	TRENELL	965	2:29:30	969	2:28:11	619	M	193	M40	
9	JENNA	TAYLOR	966	2:29:32	954	2:26:31	338	F	192	FSNR	
691	CAROLINE	HETHERINGTON	967	2:29:34	949	2:26:05	339	F	193	FSNR	
737	KAREN	MILBURN	968	2:29:34	950	2:26:05	340	F	194	FSNR	
796	ANDREW	SELLARS	969	2:29:42	971	2:28:40	620	M	194	M40	
562	KARL	CHAMLEY	970	2:29:56	963	2:27:15	621	M	75	M50	
369	VICTORIA	WATSON	971	2:30:07	977	2:29:44	341	F	114	F40	
869	FIONA	PARK	972	2:30:12	984	2:29:57	342	F	31	F50	
1006	NELSON	GREEG	973	2:30:19	966	2:27:32	622	M	76	M50	
1335	NATALIE	BODE	974	2:30:33	975	2:29:19	343	F	195	FSNR	
13	LINDSAY	BISHOP	975	2:30:33	967	2:27:32	344	F	196	FSNR	

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526	NICOLA	ARMSTRONG	976	2:31:02	996	2:30:53	345	F	197	FSNR	
345	HELEN	SANT	977	2:31:13	970	2:28:23	346	F	115	F40	
515	JANET	MCARDLE	978	2:31:14	973	2:28:56	347	F	198	FSNR	
493	TONY	HELME	979	2:32:28	989	2:30:12	623	M	14	M60	
1348	MICHAEL	ROUGHLEY	980	2:32:34	992	2:30:35	624	M	337	MSNR	
320	MATTHEW	WANING	981	2:32:34	993	2:30:36	625	M	338	MSNR	
993	NATHAN	MAJOR	982	2:32:45	980	2:29:49	626	M	339	MSNR	HM COASTGUARD - WHITEHAVEN
994	PAUL	PATER	983	2:32:45	978	2:29:49	627	M	77	M50	
1055	PETER	SEMPIE	984	2:32:45	979	2:29:49	628	M	340	MSNR	WHITEHAVEN COASTGUARD
1300	TAMMY	LENNOX	985	2:32:54	1000	2:31:17	348	F	199	FSNR	
1299	MARTIN	SCHATZ	986	2:32:54	999	2:31:17	629	M	341	MSNR	
661	ANDREW	MAGUIRE	987	2:32:55	986	2:30:01	630	M	195	M40	UNATTACHED
663	KAREN	MAGUIRE	988	2:32:56	988	2:30:03	349	F	116	F40	UNATTACHED
1153	HEIDI	MARTIN	989	2:33:00	976	2:29:24	350	F	200	FSNR	ST BEES TRIERS
292	AMANDA	IREDALE	990	2:33:04	985	2:30:00	351	F	201	FSNR	
394	KERRIE	IREDALE	991	2:33:04	987	2:30:01	352	F	202	FSNR	
1298	COLIN	NOBLE	992	2:33:18	1010	2:32:58	631	M	196	M40	
574	ANGELA	EDGAR	993	2:33:25	1001	2:31:18	353	F	203	FSNR	
231	ANNE	MOORE	994	2:33:31	1005	2:32:04	354	F	117	F40	
86	RUTH	FORRESTER	995	2:33:35	1004	2:31:48	355	F	204	FSNR	
311	REBECCA	MCCLAY	996	2:33:44	1009	2:32:41	356	F	205	FSNR	
908	PATRICK	WOLSTENHOLME	997	2:33:45	981	2:29:53	632	M	197	M40	
549	JUNE	MELLOR	998	2:33:46	982	2:29:53	357	F	118	F40	
80	STUART	LOCKWOOD	999	2:33:46	983	2:29:53	633	M	198	M40	
981	LAUREN	BOWMAN	1000	2:34:01	997	2:31:01	358	F	206	FSNR	



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998	CHRISTINE	POPE	1001	2:34:04	991	2:30:31	359	F	32	F50	
997	DOUGLAS	POPE	1002	2:34:04	990	2:30:31	634	M	15	M60	
1114	EMMA	DIXON	1003	2:34:17	1008	2:32:40	360	F	207	F50	
749	TRACY	JOHNSTON	1004	2:34:22	1007	2:32:28	361	F	119	F40	
430	JULIE	HOLLIS	1005	2:34:22	1003	2:31:32	362	F	120	F40	UNATTACHED
1154	KATHRYN	HILL	1006	2:34:23	995	2:30:48	363	F	208	F50	
1075	JOANNE	FEE	1007	2:34:23	994	2:30:48	364	F	121	F40	
613	STEVEN	LAWSON	1008	2:34:27	1002	2:31:29	635	M	342	MSNR	
494	CAROLINE	PARKER	1009	2:35:07	998	2:31:16	365	F	33	F50	
913	STUART	ARMSTRONG	1010	2:35:07	1013	2:33:08	636	M	343	MSNR	
1098	JACQUI	REED	1011	2:35:17	1006	2:32:06	366	F	209	F50	SHEEPMOUNT RC
210	KATE	MATTHEWS	1012	2:36:30	1018	2:35:02	367	F	122	F40	
375	ANDY	FINN	1013	2:36:38	1015	2:33:12	637	M	344	MSNR	
1359	JAMIE	MACGILLWRAY	1014	2:36:42	1017	2:34:30	638	M	345	MSNR	
1092	ADAM	QUIRKE	1015	2:36:43	1012	2:33:03	639	M	78	M50	
285	ALAN	COATES	1016	2:36:48	1014	2:33:11	640	M	16	M60	
1124	LAUREN	PAISLEY	1017	2:36:50	1016	2:33:52	368	F	210	F50	
18	REBECCA	JOHNSTONE	1018	2:36:51	1020	2:36:11	369	F	211	F50	
1286	DAVID	PARZER	1019	2:36:52	1011	2:33:02	641	M	79	M50	
503	ANDREW	SPROAT	1020	2:36:52	1021	2:36:30	642	M	346	MSNR	
1349	JENNIFER	MARRS	1021	2:37:43	1019	2:35:45	370	F	212	F50	
688	JANETTE	KILGOUR	1022	2:37:44	1030	2:37:27	371	F	4	F60	HEATON HARRIERS
1320	FRANCESCA	LALD	1023	2:38:17	1022	2:36:47	372	F	34	F50	ST BEES TRILERS
426	SALLY	RITSON	1024	2:38:35	1025	2:36:59	373	F	213	F50	
1005	LISA	WAISTELL	1025	2:38:35	1024	2:36:58	374	F	123	F40	EDEN RUNNERS

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498	MARTIN	GRAINGER	1026	2:39:39	1029	2:37:16	643	M	199	M40	
497	RACHEL	GRAINGER	1027	2:39:39	1028	2:37:16	375	F	124	F40	
575	KATE	BRANIFF	1028	2:40:13	1031	2:38:05	376	F	214	FSNR	
805	GORDON	WATSON	1029	2:40:22	1026	2:37:11	644	M	347	MSNR	
804	MELISSA	PUGH	1030	2:40:22	1027	2:37:12	377	F	215	FSNR	
850	RACHEL	LIGHTFOOT	1031	2:40:25	1023	2:36:54	378	F	125	F40	
343	HELEN	WOOLRIDGE	1032	2:40:57	1032	2:39:13	379	F	216	FSNR	
295	WENDY	NAVIN	1033	2:42:39	1035	2:41:12	380	F	126	F40	ST BEES TRIERS
418	IAN	SMITH	1034	2:43:10	1033	2:39:27	645	M	200	M40	
835	JENNA	HARDEN	1035	2:43:28	1034	2:40:31	381	F	217	FSNR	
362	JONATHAN	MAJOR	1036	2:44:39	1036	2:41:23	646	M	348	MSNR	
363	CLAIRE	MAJOR	1037	2:44:39	1037	2:41:23	382	F	218	FSNR	
888	CLAIRE	STEWART	1038	2:45:11	1038	2:42:03	383	F	219	FSNR	
1117	CHRISTINE	METCALFE	1039	2:45:12	1039	2:42:05	384	F	220	FSNR	
1251	MICHAEL	STORY	1040	2:45:14	1042	2:43:36	647	M	349	MSNR	
1206	SHEELAGH	DELANEY	1041	2:45:33	1041	2:43:25	385	F	5	F60	
173	JULIA	ROSS	1042	2:46:23	1044	2:45:09	386	F	127	F40	
1270	RUTH	ANDERSON	1043	2:46:32	1040	2:42:58	387	F	1	F70	N.E. VETERANS
602	ANTHONY	BELCHER	1044	2:47:39	1049	2:46:25	648	M	80	M50	
601	IRENE	KNOX	1045	2:47:39	1050	2:46:26	388	F	35	F50	
653	CLAIRE	WARNER	1046	2:47:44	1052	2:47:31	389	F	221	FSNR	
239	ELIZABETH	GOODMAN	1047	2:47:47	1045	2:45:09	390	F	128	F40	
213	EMMA	AITKEN	1048	2:48:09	1043	2:45:02	391	F	222	FSNR	
940	RAYMENT	NEALE	1049	2:48:09	1048	2:46:05	649	M	81	M50	
662	MELISSA	MAGUIRE	1050	2:48:23	1047	2:45:53	392	F	223	FSNR	UNATTACHED

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<b>BIB</b>	<b>FORENAME</b>	<b>SURNAME</b>	<b>RANK</b>	<b>GUN TIME</b>	<b>CHIP RANK</b>	<b>CHIP TIME</b>	<b>GEN POS</b>	<b>GENDER</b>	<b>CAT POS</b>	<b>CATEGORY</b>	<b>CLUB</b>
174	LORNA	RICHARDSON	1051	2:48:52	1051	2:47:30	393	F	224	FSNR	
205	BECKY	MIDGLEY	1052	2:49:24	1046	2:45:42	394	F	225	FSNR	
1364	STEVEN	SELKEN	1053	2:50:12	1057	2:49:51	650	M	350	MSNR	
1363	MARTYN	HARRISON	1054	2:50:12	1058	2:49:52	651	M	351	MSNR	
1240	CLAIRE	CARRUTHERS	1055	2:50:40	1056	2:49:02	395	F	226	FSNR	
564	PAUL	TEBBUTT	1056	2:51:21	1060	2:50:29	652	M	352	MSNR	
1362	SARAH	BURTON	1057	2:51:52	1053	2:48:30	396	F	227	FSNR	
665	LOUISE	SIMPSON	1058	2:51:53	1055	2:48:31	397	F	129	F40	
1160	SHELLEY	SIMPSON	1059	2:51:53	1054	2:48:31	398	F	228	FSNR	UNATTACHED
96	MAJA	WHILE	1060	2:53:16	1059	2:49:55	399	F	130	F40	
1202	YVONNE	O SULLIVAN	1061	2:53:52	1061	2:52:31	400	F	229	FSNR	
297	LAURA	WATSON	1062	2:54:39	1062	2:52:49	401	F	230	FSNR	
1281	DAVID	HANDYSIDE	1063	2:55:11	1066	2:53:33	653	M	201	M40	
93	STEWART	GRAHAM	1064	2:55:39	1063	2:53:11	654	M	202	M40	
92	SONIA	CHARTERS	1065	2:55:40	1064	2:53:12	402	F	131	F40	
149	JILL	HANCOX	1066	2:56:39	1065	2:53:13	403	F	132	F40	
260	HELEN	WALKER	1067	2:57:33	1067	2:53:45	404	F	133	F40	
353	NEASHA	JACKSON	1068	2:57:45	1068	2:53:57	405	F	134	F40	EDEN RUNNERS
1313	KEELEY	WATSON	1069	2:58:30	1069	2:54:50	406	F	231	FSNR	
1312	MICHAEL	CHILD	1070	2:58:30	1070	2:54:51	655	M	353	MSNR	
561	ANN	GOUCHER-PATRICK	1071	2:59:00	1071	2:55:08	407	F	135	F40	
39	EMMA	RICHARDSON	1072	3:03:02	1072	2:59:19	408	F	232	FSNR	
131	SUZANNE	THOMPSON	1073	3:03:12	1073	3:01:45	409	F	233	FSNR	
689	GEORGE	ROUTLEDGE	1074	3:08:14	1074	3:04:18	656	M	17	M60	HEATON HARRIERS
46	CLAIRE	RIPLEY	1075	3:21:59	1077	3:19:33	410	F	234	FSNR	RED TOMATO RUNNING CLUB

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568	ALAINA	MCADAM	1076	3:22:00	1078	3:19:36	411	F	235	FSNR	
499	MATTHEW	CHARNICK	1077	3:22:17	1075	3:18:21	657	M	354	MSNR	
500	FIONA	MOWBRAY	1078	3:22:17	1076	3:18:21	412	F	236	FSNR	
560	TANNYA	RODDA	1079	3:27:08	1079	3:25:59	413	F	237	FSNR	